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The Ukiah DAILY JOURNAL

Mendocino County's local newspaper

Tomorrow: Sunny and still hot

TUESDAY
Sept. 4, 2007

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Looking to the future

New UVMC leader calls Ukiah 'incredible'

By ZACK SAMPSEL
The Daily Journal

In the few months Terry Burns and his wife of 32 years, Dorothy, have been in Ukiah there's seems to be one word that keeps coming back up when he describes Ukiah and the people he has met here: incredible.

"All I've met in Ukiah is incredible people," he said. Burns was named to the position in March, and for the newest chief executive officer and president of the Ukiah Valley Medical Center, incredible seems to be a perfect place to start.

Burns was born in Missouri, but with a desire to achieve great things and see new places Missouri was only one of the many stops in Burns' life, which includes Missouri, Montana, California and Ohio -- among others.

"Home for me is much wherever I am," he said.

With a calm and adaptive personality, Burns' early years were spent in Southern California learning from some of his biggest heroes: his teachers. Burns, a graduate of Riverside Poly High School, said his biggest influence growing up were his art and industrial printing teachers.

"To me, teachers are people that leave pretty big swaths," he said.

Determined to remain self-sufficient, Burns said his knowledge of printing helped to get him through his days at Loma Linda University where he sold newspapers and did printing while earning his degree.

For 15 years after college, Burns worked a number of different positions for Adventist Health. He also served in various administrative roles at San Joaquin Community Hospital in Bakersfield. Burns, always one to remain focused on all aspects of patient care, tries to keep his duties in perspective.

"Working in health care, I work with people who serve the patients in their time of need and help them on their journey -- wherever it may be," Burns explained. "I've been fortunate to help the hospital to help patients. I get a chance to help the community. How could I not come to work? It's a wonderful opportunity."



MacLeod Pappidas/The Daily Journal
Terry Burns, president and CEO of Ukiah Valley Medical Center said he wants to "build on the legacy that created this hospital." Burns previously worked at Kettering Medical Center in Kettering, Ohio.

Prior to his work in Ukiah, Burns worked as vice president of finance and operations at Kettering Medical Center in Kettering, Ohio. During his six-year tenure, Burns served as the chief operating officer for the 600-bed medical center, while helping to reverse operating losses and improve the facility bond rating.

"I enjoyed my time in Ohio. It was a very successful experience," Burns said. "But most importantly we have a responsibility to be good stewards for the community."

Burns, a father of three, received his bachelor's degree in management and accounting and eventually earned his Certified Public Accounting certification, but his work in Ukiah, he said, is less about numbers and more about looking to the future.

"A lot of the future here is being ready for change as it comes," he said. "I think we'll (the UVMC) continue to be an important health care resource in the community. Whether its here or other rural clinics, we have a responsibility to think about the future of health care for our community."

Burns continued to expand on his goals for the UVMC which included "building on the legacy that created this hospital." It's an idea Burns plans to make a reality through the nurturing of his employees while continuing the work that brought the two hospitals together.

"By working with the medical community here, we will be able to ensure health care for the future," he said. "I think of my work as sacred -- not religious. There's a difference. I know it's not just Terry Burns, it's the hospital."

Zack Sampsel can be reached at udjzs@pacific.net.

Sen. Wiggins leads tribute to Peter Behr

The Daily Journal



Wiggins

This week, North Coast State Sen. Patricia Wiggins (D – Santa Rosa) led a tribute to the late Sen. Peter Behr, who represented California's North Coast from 1971 to 1978.

"This year marks the 35th anniversary of the California Legislature enacting the California Wild and Scenic Rivers Act, which was authored by this remarkable legislator and signed into law by Governor Ronald Reagan in 1972," Wiggins said. "That landmark legislation permanently protects the Smith, Klamath, Scott, Salmon, Trinity, Eel, Van Duzen and portions of the American River from future dams and diversions."

"Most notably," she said, "the wild and scenic rivers act effectively stopped construction of the controversial Dos Rios Dam project on the Eel River, a dam that would have inundated Round Valley and destroyed the town of Covelo in Mendocino County."

Wiggins also praised what she called Behr's "enduring legacy of more than 1,800 miles of free-flowing streams that will be protected for the current and future generations of California."

Enactment of the Wild & Scenic Rivers Act in 1972 paved the way for similar protections for the East Carson, McCloud and West Walker Rivers that were authored in 1989 by former Senator Byron Sher.

It also provided the legal foundation for a 1999 Senate measure (also by Sher) that permanently protects the South Yuba River, 2003 legislation authored by Assembly Member Patty Berg (D – Eureka) that provides wild and scenic status to portions of the Albion and Gualala Rivers, and most recently, legislation by Assembly Member Lois Wolk (D – Davis) to protect Cache Creek.

Behr received his law degree from Yale Law School, and served in the U.S. Navy from 1941-46. A Republican, he represented California's 2nd Senate District (now represented by Wiggins), which at the time included Marin, western Sonoma, Lake, Mendocino, Humboldt and Del Norte

See TRIBUTE, Page 2

Yolla Bolly fires still burning

By Mendocino National Forest rangers

COVELO RANGER STATION - Work continues on the 270 acre Yolla Bolly Complex located 20 air miles northeast of Covelo. There are three remaining uncontrolled fires in the complex: Butte (40 acres), Sugarloaf (95 acres) and Lazy (170 acres). The Lazy Fire is established in an area of the Yolla Bolly Wilderness on the Shasta Trinity National Forest with limited access, rugged terrain and extremely steep ridges that are contributing to constant rolling material and uphill runs. Fire activity has increased significantly on the east, south and west flanks. About 100 personnel are working on the Lazy Fire with two helicopters dropping water on hot spots, delivering supplies and transporting crews. Due to the complex nature involved in containing this fire, it has been elevated to a Type 2 incident and Kent Swartzlander's NorCal Type 2 Incident Management assumed command of this incident Monday evening.

Meanwhile, firefighters continue the process of controlling the other fires in the complex.Some of the most difficult work

See FIRE, Page 2

THIS WEEK AT UKIAH CITY COUNCIL

City ready to respond to grand jury on sewer system

Disagrees on need for elected sewer board

By ZACK SAMPSEL
The Daily Journal

At Wednesday night's meeting, the Ukiah City Council will be approving its response to the Mendocino County Grand Jury report, "Down the drain," on the Ukiah Valley Sanitation District.

The city agrees with much of the grand jury's findings, with some corrections. However, it disagrees with the grand jury's notion of having an elected sanitation district board and hiring a sanitation district manager which, the city feels, would only mean extra expense for sewer service.

As for an elected sanitation district board, the city notes that the district was formed with a combination of representation from the county and the city, a system which it believes has thus far worked

See SEWER, Page 2

City to seek funding for hills hiking trail

By ZACK SAMPSEL
The Daily Journal

The Ukiah City Council this week will be discussing the possibility of applying for a grant with Mendocino County Tobacco Settlement Advisory Committee to design a hiking trail in the Western Hills of Ukiah -- a plan more than a year in the making.

Members of Ukiah's Paths, Open Space and Creeks Commission have worked on planning and designing a hiking trail on city-owned property in the west hills area for more than a year now. In 2006, the commission got City Council support and applied for a $25,000 Mendocino County Tobacco Settlement Funds grant to finalize the design and to possibly construct the trail. The 2006 grant application was unsuccessful and the Commission is now preparing to make a 2007 application for the same funds.

The proposal, prepared by Charley Stump, the city's director of Planning and Community Development, would only limit the trail to city-owned property and would not connect to the municipal golf course or Maple Avenue. The proposed trail would begin and end as a loop trail from Low Gap Park.

Ideas began to flow in 2005 when the commission began discussions of a hiking trail on the city-owned property north and west of the golf course with the City Council. The council supported the concept, but felt that a number of initial issues needed to be resolved. Some of the issues included keeping the trail on city-owned property, potential conflicts with the golf course, and the proposed connection to Maple Avenue. Since that time, the commission has resolved these issues.

Staff reports said that previous discussions with the Mendocino County General Services Staff in 2006 were positive and cooperative in terms of the connection to Low Gap Park. The new plan works to fix unresolved issues from the 2006 discussions,

See TRAIL, Page 2

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DAILY DIGEST

Editor: K.C. Meadows, 468-3526 The Ukiah Daily Journal udj@pacific.net

The world briefly

U.S. military deaths in Iraq at 3,740 Monday

By The Associated Press

As of Monday, Sept. 3, 2007, at least 3,740 members of the U.S. military have died since the beginning of the Iraq war in March 2003, according to an Associated Press count. The figure includes seven military civilians. At least 3,061 died as a result of hostile action, according to the military's numbers.

The AP count is five higher than the Defense Department's tally, last updated Friday at 10 a.m. EDT.

The British military has reported 168 deaths; Italy, 33; Ukraine, 18; Poland, 21; Bulgaria, 13; Spain, 11; Denmark, seven; El Salvador, five; Slovakia, four; Latvia, three; Estonia, Netherlands, Thailand, two each; and Australia, Hungary, Kazakhstan, Romania, South Korea, one death each.

Tourists flee as Hurricane Felix nears Honduras

SAN PEDRO SULA, Honduras (AP) — Planes shuttled hundreds of tourists from the island resorts of Honduras and Belize in a desperate airlift Monday as Hurricane Felix's pounding rain and punishing winds bore down on the Central American coast.

The powerful, Category 4 storm spurred Grupo Taca Airlines to provide special free flights to the mainland. Planes were quickly touching down and taking off again to scoop up more tourists. Some 1,000 people were evacuated from the Honduran island of Roatan, popular for its pristine reefs and diving resorts. Another 1,000 were removed from low-lying coastal areas and smaller islands.

Felix's top winds weakened slightly to 145 mph as it headed west, but the U.S. National Hurricane Center warned that it could easily strengthen into catastrophic storm again before landfall. It was projected to rake the Honduran coast and slam into southern Belize on Wednesday before cutting across northern Guatemala and southern Mexico.

Felix seemed likely to make landfall on the Miskito Coast, a remote, swampy jungle along the Honduras-Nicaragua border where Honduran officials were trying to find enough gas to evacuate Miskito Indians, who speak a mix of Spanish and a local creole, and usually get around in canoes.

"There's nowhere to go here," said teacher Sodeida Rodriguez, 26, who said residents in wooden shacks were seeking shelter but those with concrete homes were staying put.

President Bush makes a surprise visit to Iraq

AL-ASAD AIR BASE, Iraq (AP) — President Bush, briefed by U.S. military commanders and Iraqi leaders, said Monday some American forces could be sent home if security across Iraq improves as it has in Anbar province, a former hotbed of Sunni insurgency.

But the president, flanked by Defense Secretary Robert Gates and Secretary of State Condoleezza Rice, did not say how many troops could be withdrawn or how soon.

Despite intense pressure at home for cutbacks, Bush said decisions about troop levels "will be based on a calm assessment by our military commanders on the conditions on the ground — not a nervous reaction by Washington politicians to poll results in the media.

"In other words," the president told cheering troops, "when we begin to draw down troops from Iraq it will be from a position of strength and success — not from a position of fear and failure."

It was Bush's third secret trip to Iraq in four years. He spent about seven hours on the ground before returning to Air Force One for a flight to Australia for talks with Asia-Pacific leaders.

POLICE REPORTS

The following were compiled from reports prepared by the Ukiah Police Department. To anonymously report crime information, call 463-6205.

ARREST -- Jeremiah Luna, 25, of Covelo, was arrested on suspicion of brandishing a weapon, threats and possession of a switchblade knife in the 600 block of South State Street at 12:29 a.m. Sunday.

ARREST -- Austin Cassidy, 21, of Talmage, was arrested on suspicion of burglary and vandalism in the 400 block of South Oak Street at 2:46 a.m. Sunday.

Those arrested by law enforcement officers are innocent until proven guilty. People reported as having been arrested may contact the Daily Journal once their case has been concluded so the results can be reported. Those who feel the information is in error should contact the appropriate agency. In the case of those arrested on suspicion of driving under the influence of an intoxicant: all DUI cases reported by law enforcement agencies are reported by the newspaper. The Daily Journal makes no exceptions.

FIRE AND RESCUE

VEGETATION FIRE -- Members of CalFire and Anderson Valley Fire Department responded to a three-acre vegetation fire in Boonville Monday. The call came in at 11:02 a.m., immediately units were deployed to the site, which was two miles from Boonville on Highway 253. The fire was immediately contained with little damages.

TRAFFIC ACCIDENT -- Members of Laytonville Fire Department, CalFire along with Laytonville Ambulance and Willits Ambulance responded to an overturned car Monday afternoon. The accident occured at Bell Springs Road near Highway 101. The overturned vehicle had two people trapped in it. Response teams removed the people from the overturned car and transported them to Howard Memorial Hospital by ground.

CORRECTIONS

The Ukiah Daily Journal reserves this space to correct errors or make clarifications to news articles. Significant errors in obituary notices or birth announcements will result in reprinting the entire article. Errors may be reported to the editor, 468-3526.

LOTTERY NUMBERS

Because of holiday schedules, lottery numbers were unavailable at press time. Check for Monday's lottery numbers in tuesday's Daily Journal or check them online at www.calottery.com

Fire

Continued from Page 1

remains: reinforcing existing line, suppressing smoldering debris and patrolling burned areas to ensure no fire is lingering that may flare up again. Over 100 personnel are working to contain the Yolla Bolly Complex.

Deer rifle season begins in B-Zone in the Yolla Bolly Wilderness on Sept. 15th. Hunters are encouraged to call ahead to one of our offices to check on current conditions in case areas are still affected by fire activity. A temporary flight restriction is in place for a 10 mile radius around the fire area.

The forecast calls for hot, dry conditions to continue. Temperatures will be around 90 degrees with 10 mile per hour winds.

Trail

Continued from Page 1

which included: trail maintenance, general liability, and fire protection.

The city's Community Services Department is supportive of the concept of constructing a trail on the city-owned property. Members of the Community Services Department will be present at Wednesday's meeting working to address any of the council's concerns.

With a potential funding source identified, the commission will pursue the grant funds with only the unresolved issues to be settled with the council before the application is filed.

The City Council meets Wednesday at 6 p.m. at the Civic Center at 300 Seminary Avenue.

Zack Sampsel can be reached at udjzs@pacific.net.

Sewer

Continued from Page 1

well.

"The Grand Jury does not explain what problem such a reorganization would solve," the city's response states. "There are no findings related to this recommendation and the report does not explain how that reorganization would improve sewer service to the district residents, which ought to be the primary concern."

The grand jury also said that there was no external auditing of the District which the city partially disagreed with, admitting that no external audits had been done since 1998 but said "city auditors continue to report the division of City and UVSD revenue and expenses to the State Controller every year."

The grand jury's report, which was issued earlier this summer, also found that the UVSD wastewater treatment plant is faced with the necessity to process 21 million gallons of wastewater in the winter months as compared to 3 million gallons in the summer, but the City finds the demand for water is less. In the proposed response to the grand jury, the City finds a weekly average of 6-8 million gallons in the winter as compared to 2.5 million gallons on the average during the summer months. The City's proposed response also found that the peak flow after succeeding periods of heavy rain was 21 million gallons each day.

As a means of addressing concerns about capacity at the sewer plant and looking toward the future, plant expansion at Ukiah's WWTP is designed to process 24.5 million gallons daily. In its response, cost for expansion of the plant is clearly detailed. With $38.4 million in construction costs for repair and upgrade of the plant with an additional $18.1 million for expansion of treatment capacity.

Other costs detailed in the proposed response include: $7 million for design engineering and $4.6 million for construction management with the total cost of the project being $68.1 million. A revenue bond of $75,060,000 was issued and capital reserves were used to finance the additional $2 million in project costs. The revenue bond also includes $8 million for capital and maintenance projects and a study of wastewater recycling.

Wastewater treatment at the Masonite site was another issue addressed by the grand jury's report. While there are already wastewater treatment ponds on site, the city agreed that if the need arises for more treatment at the site it could be something worth examining.

The city and UVSD agreed to upgrade the wastewater treatment plant in 1995. The project was known as the Wastewater Treatment Plant Improvements Project and in 2005 a contract was signed to begin the improvements. The report showed that the upgrade project would cost $33 million for the upgrade portion, $24 million for new construction and another $12 million going toward financing for the project.

Rainwater runoff was another issue discussed in the report and the grand jury found that the county, city and UVSD have all worked to coordinate efforts in tackling the runoff. The proposed response agrees with the grand jury's finding and explains the city's collaboration with a consultant and an ad hoc committee to develop policies and programs to address rainwater infiltration into the sewer system.

The City Council meets Wednesday at 6 p.m. at the Civic Center at 300 Seminary Avenue.

Zack Sampsel can be reached at udjzs@pacific.net.

Tribute

Continued from Page 1

Counties.

Behr accomplished other notable conservation achievements, such as convincing the U.S. Congress to purchase much of the land that now comprises the Point Reyes National Seashore. His political legacy also included the establishment of roll call votes in all policy and fiscal committees of the State Senate and Assembly, providing more accountability and transparency to the legislative process.

After retiring from the Legislature in 1978, Behr continued his conservation work, serving as a Sierra Club Trustee, president of the Marin Conservation League, board member of Friends of the River, and the Planning and Conservation League.

Senators also recognized two other "river heroes" who played a major part in the enactment of the Wild and Scenic Rivers legislation – Richard May, founder of CalTrout, and Richard Wilson, a rancher originally from Covelo who spearheaded the effort to stop construction of the Dos Rios Dam project and who later served as the state's resource director.

Wiggins was joined by Sen. Carole Migden (D – San Francisco) and Sen. Darrell Steinberg (D – Sacramento) in presenting a resolution to Peter Behr Jr., his sister Lola Haskins, and their children.

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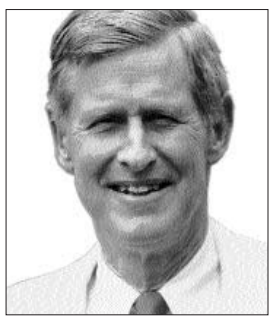
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ASK
DR. GOTT
By Peter H. Gott, MD

Pharmacy cashier needs attitude adjustment

DEAR DR. GOTT: While shopping at the only available pharmacy located in my small community, a particular cashier routinely offers humiliating, hillbilly remarks about my purchases.

One of her embarrassing comments was, "Hey old timer, considering all the pills you're taking, it's a good thing you're driving a pick-up to haul them all home!" Another hurtful example was when I inquired nervously about being lethargic and disinterested about certain activities in the bedroom. The insensitive clerk said loudly, giggling, "At your age, it's probably too late to experiment with kinky spark plugs, so consult your doctor or forget about it!"

Considering the young, abrasive assistant happens to be a single working mother, I'm reluctant to alert the pharmacist of her helper's uninvited insinuations in fear of placing the woman's employment at risk.

In lieu of traveling an extra 25 miles to fill prescriptions, can you help me find a courteous and professional course of action?

DEAR READER: Your "insensitive clerk" is nothing more than a bully. I suggest that you stand up to her and voice your dislike of her comments. Request she stop being rude and explain that while you do not wish to inform her boss, you will if necessary.

I understand that you do not wish to "tattle" on her behavior and contribute to her possible firing; however, her comments and behavior are completely inappropriate. If she cannot control herself and act with a certain amount of respect, she should not be working with the public. Perhaps it will take reprimanding from her employer or even losing her job for her to realize she cannot continue to be a bully and must change.

As an aside, if she acts this way in public, especially at work, then how does she behave in the privacy of her home? This is not setting a good example for her child(ren).

I would not be concerned about hurting the feelings of the other pharmacy staff. You are the one being embarrassed. The other pharmacy personnel should be just as embarrassed to learn of this particular person's behavior. Try my approach. If it fails, it is far easier to travel an extra 25 miles to be treated with the consideration and respect that everyone deserves. Chances are, if this is happening to you, it is happening to others as well. The pharmacy may well start losing business if they do not remedy the situation now.

Doctor Gott is a retired physician and the author of the new book "Dr. Gott's No Flour, No Sugar Diet," available at most chain and independent bookstores. If readers would like to contact Dr. Gott, they may write him through at Dr. Gott c/o United Media, 200 Madison Ave., 4th fl., New York, NY 10016.

Water bottle quandary taps into health vs. environment concerns

By ANN TATKO-PETERSON
The Contra Costa Times

Few plastic water bottles make it into Mary Wilstorn's curbside recycable container --the Concord resident buys one plastic bottled water a week and simply refills it from the tap .

"I don't buy bottled water for the so-called 'mountain spring' water,"' she says. "Tap water is fine by me. And if it came packaged to go, I wouldn't need to use a plastic bottle at all."

It seems like an ideal balance: plastic bottles afford convenience at a time when the emphasis is on hydrating with water instead of sugary drinks; reusing the bottles helps address environmental concerns over pollution, overflowing landfills and crude oil use from plastic production.

But is the practice healthy?

Some reports suggest reused plastic bottles may break down and leach chemicals into the water. Tests on reused plastic bottles also have detected nasty bacteria.The information is confusing, and in in some cases, flat-out misleading. And ultimately, striking a balance between convenience, the environment and health hinges on drawing your own conclusions. Why not just uncap a new plastic water bottle? Isn't bottled water better than tap?

Not necessarily.

The Environmental Protection Agency strictly regulates all public water; the Food and Drug Administration oversees the bottled water industry with less stringent regulations. Until recently, few bottled water manufacturers publicly revealed their water sources. Turns out about 40 percent of bottled water is really filtered tap water.

Plastic also takes a toll on the environment, partly because it is a byproduct of petroleum refining. The Earth Policy Institute notes that more than 10 million barrels of crude oil are used each year to make the plastic water bottles. And the National Resources Defense Council reports that an estimated 9,700 tons of carbon dioxide are emitted annually to transport bottled water overseas to California.

The sheer numbers don't stop there. In 2006, 28.3 billion gallons of bottled water were sold in the United States, according to a



report by Beverage Marketing Corp. About 86 percent of those bottles were thrown away, not recycled -- alarming to environmentalists because a buried water bottle takes up to 1,000 years to biodegrade, says the Container Recycling Institute. Rumors and e-mail warnings have sent up red flags about reusing plastic bottles. But are they true?

• Claim: A University of Idaho student's masters thesis found that reused plastic water bottles leach chemicals.

Reality: Not true, says the FDA. The student's tests were not subjected to peer or FDA review. The FDA has classified polyethylene terephthalate (PET) -- the material used in most disposable water bottles -- as meeting federal standards for food-contact materials.

• Claim: The plasticiser DEHA is a human carcinogen that can leach from the plastic bottles into the water, possibly causing cancer.

Reality: First, the plasticizer used in PET is diethlhexyladipate, not diethylhydroxylamine (DEHA). The American Cancer Society states, "The U.S. Environmental Protection Agency says DEHA 'cannot reasonably be anticipated to cause cancer... or other serious or irreversible chronic health effects.'"

• Claim: Freezing water releases dioxins in plastic bottles.

Reality: Plastics contain no dioxins, says Rolf Halden, assistant professor in the Department of Environment Health Sciences and the Center for Water and Health at Johns Hopkins. "Freezing actually works against the release of chemicals," he adds. "Chemicals do not diffuse as readily in cold temperatures, which would limit chemical release if there were dioxins in plastic, and we don't think there are."

• Claim: A University of Calgary study found coliform (typically from fecal matter) and heterotrophic (bacteria from the mouth) in 12 percent of 75 water bottles reused by elementary school children.

Reality: Yes, bacteria was present, but the study's author concluded that a lack of personal hygiene was to blame. The bottles and kids' hands were not properly cleaned before refilling.

• Claim: It's dangerous to drink water from a plastic bottle left in a hot car.

Reality: True, and the same goes for exposing an open water bottle to room temperature for too long, says Keith Christman, senior director of packaging for the American Chemistry Council's Plastics Division. "You want to treat it as an opened food product container," he says. "That's why many food products say 'refrigerate after use' because bacteria can grow in warm conditions."

• Claim: Lexan is a polycarbonate plastic, used in sports bottles such as Nalgene, that contains bisphenol A (BPA), which if consumed can cause chromosomal disruption, miscarriages, birth defects and obesity.

Reality: It depends on who you ask. The Environment California Research & Policy Center notes that more than 130 studies found BPA at very low doses was linked to adverse health effects. Also, 38 leading scientific experts on BPA have called for more research because of those studies.

Proponents argue that the research is inconsistent and based on animal studies. Also, regulatory agencies, such as the FDA and European Union's Scientific Committee on Food, consider plastic safe for reuse.

The UC Berkeley Wellness Letter, compiled by 14 faculty members, offers insight for both perspectives. "No human health risk has been established," it

See WATER, Page 5

HEALTH CALENDAR

ALANON: Family and friends of alcoholics; 5:30 p.m. on Mondays, noon on Tuesdays, noon on Fridays and 10:30 on Saturdays; Calvary Baptist Church, 465 Luce Ave.; 463-1867 or 621-2721.

Alateen: Meets Thursdays 8 to 9 p.m.; Calvary Baptist Church, 465 Luce Ave., enter at east side back door; 463-1867 or 621-2721.

Alcoholics Anonymous: Daily; call 462-7123, www.aaukiah.org.

Breastfeeding Support Group: meets second Wednesday from 10:30 a.m. to noon and fourth Wednesday from 10:30 a.m. to noon; Mendocino County Public Health – WIC office, 1120 S. Dora; Tess O'Connell, 472-2739.

Celebrate Recovery: Christ-centered 12-step recovery; Fridays at Trinity Baptist Church Hall, South Dora Street and Luce Ave, 6 p.m. fellowship dinner; 7 p.m. teaching/testimony; 8 p.m. men and women's small group sharing; 9 p.m. dessert/solid rock cafe. Babysitting provided. For more information call 462-6535.

Childbirth classes: Learn about nutrition during pregnancy , preparing for childbirth, breastfeeding and infant safety. Thursdays, 6 to 8 p.m., 333 Laws Ave., in Ukiah, 472-4603.

Community Healing Clinic: 20- to 30-minute sessions on a walk-in basis with a variety of health practitioners; Second Tuesday of each month, 5:30 to 7:30 p.m.; Full Cirlce Wellness Resource Center, 530 S. Main St. in Ukiah; 463-0777; www.fullcirclewellness.org.

Council on Domestic Violence: First Wednesday, 1:30 to 3 p.m., Public Health Department, 1120 S. Dora St., Conference Room 198, in Ukiah except for May and October, which will be held at 10-Mile Court, 700 S. Franklin St. in Fort Bragg, 472-2699.

La Leche League: Breastfeeding group; meets second Tuesday, various times; Nursery Room at Presbyterian Church, corner of S. Dora and W. Perkins; Margaret Turano, 468-9587.

Look Good Fell Better: Classes are from 10 a.m. to noon on the second Monday of each month. This program pairs women with licensed cosmetologists to eliminate the appearance related side effects of cancert treatment. This is a free class offered by the American Cancer Society at 115 E, Smith St. in Ukiah. For more information, call 462-7642 ext. 3.

Low Vision Support Group: 10 to 11:30 a.m.; Fourth Monday; at Henny Penny Resteraunt, 687 S. Orchard Ave., Ukiah; open to local seniors; call 523-3222

NAMI: (National Alliance for the Mentally Ill Family Support Group) first and third Wednesdays,6:30 p.m.; call 972-9040, 485-8033, or 467-9116 for location and information. Nami is an organization dedicated to improving the lives of people with brain disorers by providing mutal support,education and advocacy.

Multiple Sclerosis Self-help Group: People with multiple sclerosis can take one more step toward ending effects of MS at the Ukiah group; sponsored by the National MS Society; 7 p.m.; second Tuesday.

Men's Cancer Support Group: Group on summer hiatus, call for one-on-one with staff. A supportive place to share your cancer experience; second and fourth Wednesdays of each month; 6 to 7:30 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

Narcotics Anonymous: Meetings throughout county; 485-9110.

New Life Workshop: Do you need help managing your weight? Noon to 1 p.m. Thursdays; Salvation Army, 714 A S. State St., Ukiah; 468-9577.

Overeaters Anonymous: In Ukiah – Mondays at 5:30 p.m.; Saturdays at 11 a.m.; 270 N. Pine St.; 472-4747. Meets in Willits on Wednesdays at 5:30 p.m. at Willits United Methodist Church, School and Pine Streets, upstairs; No dues or weigh-ins, everyone is welcome; 459-4594.

Sweet Success: The California Diabetes and Pregnancy Program; support for special pregnancies in which women have diabetes; planning pregnancy or are pregnant, need extra support; 463-7527.

Tantalizing Tuesdays: Series of health related evening discussions; First and third Tuesdays; Full Cirlce Wellness Resource Center, 530 S. Main St. in Ukiah; from 6:30 to 8:30 p.m.; 463-0777; www.fullcirclewellness.org.

T.O.P.S.: (Take off pounds sensibly): Meets from 9:15 to 10:30 a.m., every Tuesday, at Calvary Baptist Church, 465 Luce Ave; Carolyn Madole, 463-0261.

T.O.P.S.: Low-cost, non-profit group meets every Tuesday at Autumn Leaves, 425 E. Gobbi St., in the community room. Weigh-in is from 5:30 to 6:15 p.m. Meeting is from 6:15 p.m. to 7:15 p.m.; Linda MacDonald, 467-2391.

T.O.P.S.: Every Thursday at Washington Mutual Building community room, 700 S. State St.; meeting is from 8:30 to 10:30 a.m.; it is a low-cost, weight-reduction support group; call 462-4901 or 485-7801.

T.O.P.S.: Every Friday at the Meadows Mobile Court clubhouse, 8686 East Road, Redwood Valley; weigh-in is from 9:30 to 11 a.m.; meeting is from 9:30 to 10:30 a.m.; call 485-8260 or 485-1238.

Ukiah Community Center Crisis Line: Need help? Call 463-help (4357) or 1 (800) 575-help (4357).

Ukiah Diabetes Education: The Diabetes Education Group; 7 p.m.; second Monday; 463-7698.

Ukiah Valley Blood Center/Blood Centers of the Pacific: Mondays, 9 a.m. to 4:30 p.m.; Tuesdays, 10 a.m. to 5 pm.; Thursdays, 11 a.m. to 6 p.m.; 620 Kings Ct., Suite 110; make appointment, donate, schedule blood drive at workplace; 1 (888) 393-GIVE.

Weight-loss Surgery Support Group: Free, open to the public, Gastric Reduction Duodenal Switch (GRDS) support and information group; Central Valley Bariatrics; 1st Friday; 6 p.m.; Bartlett Hall, Ukiah Senior Center complex, 499 Leslie Street, Ukiah; e-mail, letstalk@iwon.com.

Weight Watchers: Redwood Valley Weight Watchers meet at the Redwood Valley Cafe and are hosted by Redwood Valley Fitness on 9620 N. State St. Their leader is Laurel of Ukiah Weight Watchers. For more information, call 485-5696.

Women's Cancer Support Group: A supportive place to share your cancer experience; first and third Tuesday of each month; noon to 1 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

If you –– or the organization that you represent –– change a phone number, an address, or any information in this calendar, please call at the Ukiah Daily Journal at 468-3520, or e-mail us at udjfeatures@pacific.net.

Things I believe



Striving for Imperfection
By Scott Marcus

I believe there is more to each of us than we could ever know.

I believe there is one Source connecting everything, everywhere, always. It sits not on high, separate, watching passively, as we meander through the parade of choices composing our lives' stories. Instead it is inextricably intertwined within and around, nearer than our breath, no further than our thoughts.

I believe each and every thing we experience, feel, or think is born of that source. Every powerful spark of inspiration, tinge of emotion, or idea that will ever take shape is created of that place, centered deep within - and connecting - each of us. It is that innate connection we all share that has driven us from wanderers to farmers, thatched-leaf hut villages to expansive cities.

That force within us has guided us as we have fashioned astounding, spectacular, creations that can light the darkness, locate unseen illnesses, or further connect us: anywhere, anytime, with the tap of a SEND button. We hurl computerized, complex objects billions of miles across a darkened sky to land with pinpoint accuracy on far-flung worlds so distant that they are invisible to the naked eye - and would have remained unknown if not for others inspired to create by that exact same source we all share. We create because the Universe is in a constant state of creation. Being of it, we do the same.

We have founded treatments for afflictions and ailments from scurvy to smallpox, measles to polio. And someday, it is as sure as we exist that morning will dawn over a world devoid of cancer, AIDs, and Alzheimer's. We know we will find cures; we are merely in the process of bridging the distance between inspiration and implementation.

When we believe, we do spectacular, astounding things - and will do far more. It is what we do because it is who we are.

Our greatness has names, some known to many: Mother Theresa, Albert Einstein, Miguel Hidalgo, Fa-Ngoum, Martin Luther King, Jesus, Mohammed, and Buddha. Some are lesser known: you, the store clerk, the daycare worker, and me. Yet, within each is the precise unchanging power that created all who have come before

See STRIVING, Page 5

Letters from our readers

TWK letters are entertainment

To the Editor:

Please don't axe the Kramer column. I don't usually read the column, but the letters to the editor in response are a hoot!

Alec Rorabaugh
Hopland

Enjoys TWK

To the Editor:

Despite the objections from a few of our somber neighbors, I greatly enjoyed reading the recent articles by Tommy Wayne Kramer. His writing style is polished and witty, which is a pleasant surprise when reading the Journal. As for the content of his articles, I interpreted the pieces as general comments on life in Mendocino County as a whole, rather than vicious attacks on individuals, and many readers have painted them. I encourage Mr. Kramer to continue writing, as his pieces are some of the few saving graces of the local print world.

Ryan Mayfield
Ukiah

It's satire, folks

To the Editor:

I may be completely wrong here, but, to all those folks writing about TW Kramer's column on State Street with such vehemence: I think the point TWK is attempting to make is that there are lots of unfortunate folks walking around in Ukiah, with nowhere to go and no services to help. Why? No money in the public purse.

TWK writes satire, folks. Sometimes he just pokes fun, and sometimes he's using the art of writing to convey a message. Think Mark Twain, think Gulliver's Travels.

Kathy Shearn
Ukiah

TWK poking the powerful

To the Editor:

Not to be naive, but aren't we missing something here about Tommy Wayne Kramer? I agree that satire should be a thorn in the side of the powerful, but unless he's an idiot, and I know he is not, I think that must be Mr. Kramer's aim.

Perhaps I give the man too much credit, but I would assume that the writer is using his alter ego, TWK, to point out the self-centeredness and lack of compassion of the rest of us. Why are there so many angry, drug addled, desperately sad people on the street, and how much does anyone care?

I would agree that his column belongs on the editorial page, but beyond that I think he deserves the benefit of the doubt.. we, the comfortable, are the powerful here - so consider yourself poked.

Jacquie Lolich
Ukiah

Editor's note: Just a reminder to our readers that Mr. Kramer's column is now a regular feature of our Sunday Forum pages.

NORML exec weighs in

To the Editor:

After reading a letter to the editor titled "marijuana laws out of control" UDJ Sept. 27, I took some time to really consider what the writer was saying. As the Director of Nor-Cal NORML, I have definite feelings and opinions and I am always willing to listen and consider other viewpoints. The writer is correct that there are some very bad actors out in the marijuana community.

Anyone who sets up a garden on public lands is no doubt a criminal and in the wrong. The reality is these are not the medical marijuana patients.

These are criminals openly breaking the law.

It is correct that NORML (National Organization for the Reform of marijuana Laws) does support the legalization, tax, and regulation of cannabis. This includes industrial hemp, medical marijuana, responsible recreational use, and that we were involved in Proposition 215. Please remember it was the people of California who voted for this law by a great majority. Would you really want to deny marijuana to a cancer patient who says cannabis helps them survive? I doubt it; especially when that person is your wife, husband, other, father or friend.

Not only am I bothered by the comparison of marijuana to pornography, ("child pornography, identity theft and other illegal activities") I am saddened that this writer would even think to compare the two. It is disgusting the writer would point their finger at people trying to survive in the world with serious diseases and compare them with child pornographers. That is wrong by any standards.

I have also read the reports from COMMET about the thousands of plants eradicated from public lands so far this season. I don't remember any of them claiming medical use, or any arrests, for that matter.

If you think the pharmaceutical solution is the way to go, consider pain killers: their sales have increased by huge amounts in the last 10 years, cause intense addiction and death in many humans, not to mention the numerous lawsuits over these pharmaceuticals that in the long run have caused serious medical conditions. How about alcohol sales and the number of deaths that occur (over 40,000 every year) or tobacco, the legal carcinogen? When will you lobby to make tobacco illegal? How can you honestly say your medicine is better then mine? I would like to point out that there are seven remaining federal IND patients who receive medical cannabis from the federal government each month. They have for 30-plus years. If the federal government is positive marijuana has no medical benefit, why are these seven remaining patients receiving it from them?

As for the scientific studies you claim don't exist, you are wrong again.

The United States will not grant any studies into the positive aspects of marijuana, only the studies regarding the negative aspects of marijuana.

Whenever a government is afraid to study a subject and makes it illegal to study that subject, beware! Especially when 800,000 people a year are being arrested for cannabis related offenses, most of which are for possession or use (Not sales). Thankfully Europe has taken up the slack and if you care to look there is a growing body of scientific evidence regarding cannabis. The rest of the world is filling the vacuum of scientific freedom that has been lost in the US.

It is interesting to note that the UDJ on their web page has had two very similar polls, here is the most recent. The first was in line with these results.

UDJ Poll Results:

If the medical marijuana legalization measure was on the ballot today, would you vote for it?

A. YES 57.28 percent

B. NO 42.71 percent

The heart of the matter is the root cause of many of our marijuana related problems is directly related to Prohibition. Organized crime was abundant for 12 years during the prohibition of alcohol. The same goes for not only marijuana, but illegal drugs as a whole. Essentially we have invited the criminal element into our community by the illegality of cannabis: the more you want to limit a product the more the value increases. The ultimate solution is making cannabis free, but I suspect there would be much furor among the government services that benefit so much. Billions of dollars that are not in their district boundaries. Those county residents are in essence getting free fire service.

While expanding boundaries so that every inch of the county is covered by one fire department or another is a nice idea, it is complex and time consuming - although we think we should be working to that goal with more and more people moving into the boonies here.

Meanwhile, the county should provide annual help to volunteer departments from Prop. 172 monies so that the dedicated men and women who give their time for free to protect our lives and property can do it without going into hock.

LETTER POLICY

The Daily Journal welcomes letters to the editor. All letters must include a clear name, signature, return address and phone number. Letters chosen for publication are generally published in the order they are received, but shorter, concise letters are given preference.We publish most of the letters we receive, but we cannot guarantee publication. Names will not be withheld for any reason. All letters are subject to editing without notice. Form letters that are clearly part of a write-in campaign will not be published. You may drop letters off at our office at 590 S. School St., or fax letters to 468-3544, mail to Letters to the Editor, P.O. Box 749, Ukiah, 95482 or e-mail them to *udj@pacific.net*.

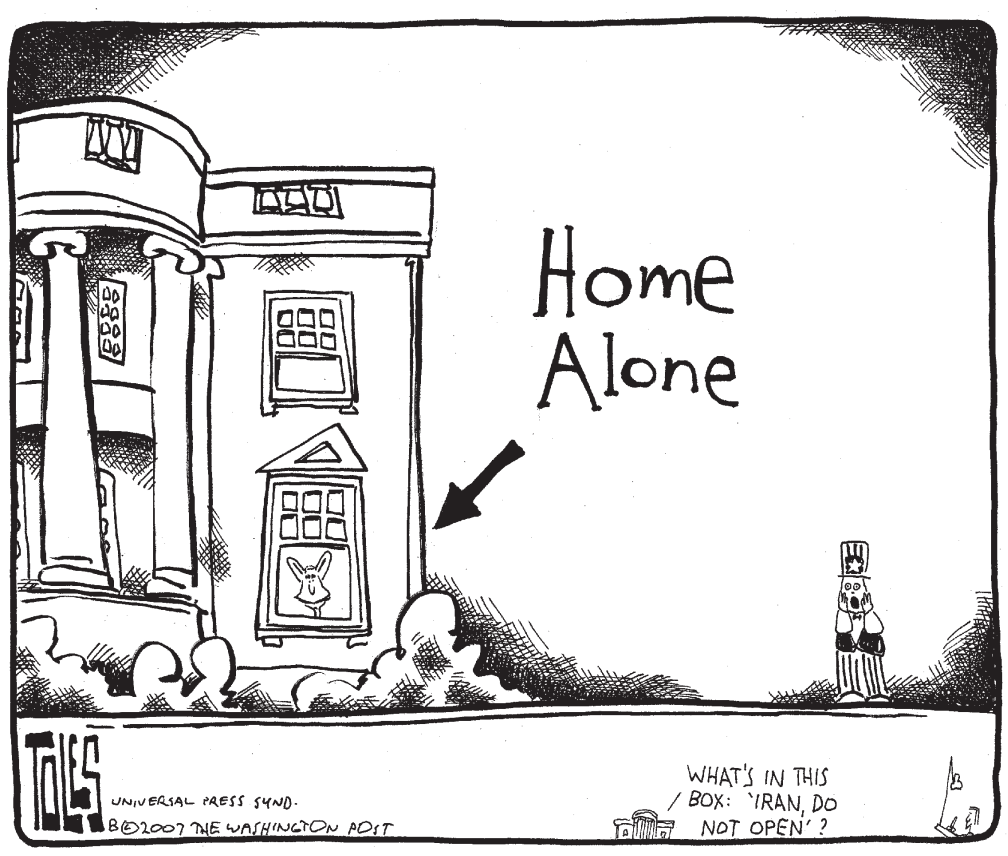
ON EDITORIALS

Daily Journal editorials are written by Editor K.C. Meadows with the concurrence of Publisher Kevin McConnell.

In our opinion

Fire departments deserve Prop. 172 money

We think that the county's volunteer fire departments are right to want a regular share of the Prop. 172 funds intended for public safety by California's voters. The sales tax money that comes to the county has traditionally been spent on law enforcement and District Attorney costs, but volunteer fire departments are increasingly strained by the costs of regulations covering equipment, maintenance and insurance. Small volunteer departments depend entirely on the property tax funding from the people who live in their districts, plus annual fund raisers like barbecues and other community events. However, most of these departments end up putting fires out or responding to accidents in areas



From the desk of ....



RUBEN NAVARRETTE JR.

Let these ghosts rest

You just can't please some people. After the end of the 1991 Persian Gulf War, I remember a cartoon that lampooned Democrats for their two-faced approach to the conflict. In the first panel, a donkey was scolding President George H.W. Bush for invading Iraq. In the next, the donkey was scolding the president for leaving too soon.

Today, the Democrats' strategy is still fairly consistent with that model. They wait to see what President George W. Bush says, and then they say the opposite. Oddly enough, this happens even if Bush says something that Democrats have been saying for some time.

Such as comparing Iraq to Vietnam. War critics have drawn that comparison almost since the invasion of Iraq began, calling the U.S.-led operation a "quagmire" and insisting that Bush was ignoring the lessons of history. But people seem to draw their own lessons from Vietnam. And recently, after months of resisting the comparison, Bush actually embraced it. During a speech to the Veterans of Foreign Wars, he seemed to imply that the real lesson from Vietnam was that defeat comes at a heavy price.

The president was making two points, both legitimate. First, he insisted that Americans need to think long and hard about what would happen to those we left behind if we departed Iraq before stability takes hold, because what happened after the fall of Saigon wasn't pretty.

"One unmistakable legacy of Vietnam," he said, "is that the price of America's withdrawal was paid by millions of innocent citizens, whose agonies would add to our vocabulary new terms like 'boat people,' 're-education camps' and 'killing fields.'"

Second, Bush believes that our withdrawal from Vietnam actually emboldens our new enemies, all these years later.

"There's another price to our withdrawal from Vietnam," he said, "and we can hear it in the words of the enemy we face in today's struggle -- those who came to our soil and killed thousands of citizens on September the 11th, 2001." Bush then quoted al-Qaeda leaders pointing to the U.S. retreat from Vietnam as proof that America could be defeated -- once there was an erosion of public support in the United States.

"Here at home, some can argue our withdrawal from Vietnam carried no price for American credibility," he said, "But the terrorists see it differently. We must listen to the words of the enemy."

You would think that Democrats would be flattered that the president seems to have come around to their point of view. But instead, their instinct was to flip their position and insist that Bush is wrong and that the two wars cannot be compared. In Vietnam, they say, we battled an insurgency and a communist government in the North; in Iraq, we're refereeing a civil war. All some Bush critics care about is seizing the opportunity to disagree with the president that they're willing to swallow their own words to do it.

There may be another reason that Democrats are feeling combative: Bush's words remind voters that Democrats don't have a good answer for the question of what happens to those Iraqis we would leave behind. I've watched nearly every Democratic presidential debate, and I've never heard a single candidate even broach the subject.

I will. One thing that should happen is that the United States should dramatically increase its visa allotment for Iraqis, so that more can escape that war zone once U.S. troops are gone.

Still, invoking Vietnam was obviously not a smart move for Bush. Americans know that the president spent the war stateside in the Texas Air National Guard. So most people just tuned out, and Bush's remarks became little more than a late-night TV punchline. He should have stayed out of the Vietnam minefield altogether.

And so should we all. We should eliminate the "V-word" from our political vocabulary. As a member of Generation X who was born eight months before the Tet Offensive in 1968, I'm tired of hearing about this conflict. I felt that way before the Sept. 11 attacks, but I have even less patience for the discussion now. Why should Americans waste time arguing over the lessons of a war that ended in the 1970s, when we're at war with a new enemy right now?

It's time to let these ghosts rest. And for that to happen, our leaders need to quit waking them.

Ruben Navarrette Jr. is a columnist and editorial board member of The San Diego Union-Tribune.

Didn't mean to insult anyone

To the Editor:

Last week I wrote a letter intending to ask for community support for the 9th annual Chili Cook-off and to explain how vital the Boys and Girls Clubs of Ukiah's programs are to our youth. Unfortunately, I understand, my message was misinterpreted by several people.

I in no way, shape, or form intended to make a disparaging remark about our police department. I have great respect for all of our civil servants. God Bless them for the work they do, and I know how much they have to give up to serve our community. My husband, son and grandson were all volunteer firefighters at one time or another. Our son is still a volunteer fireman in the small town he lives in, besides being a police officer.

My intention was simply to make the community aware of how important their support is in keeping the programs going at the Boys and Girls Club. The youth programs provided will help keep our children in a safe environment when we are unable to be there to oversee their activities. The program also provides learning vehicles to help teach our children the best paths to protect them from entering situations and associating themselves with groups that do not have their best interest at heart. We can't always be there to protect them ourselves, but the programs provided can and will help. Ask anyone who has been involved in the Boys and Girls Clubs program in any community.

On Sept. 7, Granite Construction Company will be sponsoring the 9th annual Chili Cook-off, to help raise much needed funds to run the youth development programs. Again, I say, I care about our children, and know that if our children have a good foundation to become good and thoughtful citizens, situations like the one that happened to my son, could and would not be an issue.

Please, if you care and if you want better for your children come out and support this program. Show our children that they matter. "It takes a village to raise a child."

Sandy Dow
Ukiah

regulating the prisons, law enforcement, drug counselors, probation officers, to name a few. I suspect the Big Pharma corporations really want control of this whole discussion but there is a sense that the cats out of the bag and not likely to return.

With all that said marijuana is not for recreational use by children and it is not appropriate to drive impaired. We wholeheartedly support our local, county, and state law enforcement and public health services, especially with the zip-tie program that will clearly identify many medical plants. We all are working together to come up with a reasonable and safe solution for all of our community. Please join us.

Education is the most important facet of what we do and through communication, we as a community can come together and be much more then the sum of our parts.

Dane Wilkins
Director, NorCal NORML
Ukiah

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COMMUNITY BRIEFS

Warm Line open weekend evenings for county residents

An opportunity for people who need emotional support is now available as near as the closest phone on weekend evenings. Thanks to peer volunteers trained to provide support for emotional and mental health recovery, a new county-wide Warm Line is now available Friday and Saturday evenings from 6 p.m. to 10 p.m.

Expressly not a hot line or a crisis line, the new Warm Line is part of a larger Mental Health Services Act funded project to develop mental health peer support projects and opportunities in Mendocino County.

The Crisis Line is accessed by calling 463-HELP in Ukiah, 964-HELP in Fort Bragg and 459-HELP in Willits, or calling 800-575-HELP (4357).

Donations for Alzheimer's benefit sought from public

Two non-profit organizations have joined to sponsor a fund-raiser for Alzheimer's caregivers, and they're looking for silent auction donations worth more than $500. Local artists may wish to donate by calling Gayle Fillman at 272-7238.

"Climbing the Mountain… Together!" an Alzheimer's Caregiver benefit, will be at Grace Hudson Museum, Saturday, September 8, 2007 from 2 to 6 p.m. Several local artists will be performing in 30-minute sets for those who attend this event. Tickets are available at Mendocino Book Company in Ukiah, Leaves of Grass in Willits, the Ukiah Chamber of Commerce, from any committee member, or by contacting Carole Hester at 925-2795 for $25.

The benefit is sponsored by Thrivent Financial for Lutherans and Soroptimist International of Yokayo Sunrise. Those interested in donating to this event can do so by sending checks payable to: Thrivent Financial for Lutherans, 75 N. Main St., #116, Willits, CA 95490. Local businesses and individuals are also welcomed to Partner with the two sponsoring organizations (minimum contribution $500) or be a Community Donor for lesser amounts.

Early Partners include: Ukiah Valley Medical Center, Ukiah Daily Journal, Nadja Publishing, Robert W. Barrington, DDS; Candace Horsley, Gayle Fillman, Rudy Yakzan and Dr. Trieneke Kylstra. More are invited to join this great group.

Local businesses and individuals are also welcomed to Partner with the two sponsoring organizations (minimum contribution $500) or be a Community Donor for lesser amounts. Early Partners include: Ukiah Valley Medical Center, Ukiah Daily Journal, Nadja Publishing, Robert W. Barrington, DDS; Candace Horsley, Gayle Fillman, Rudy Yakzan & Dr. Trieneke Kylstra, and the Scott Family. More are invited to join this great group.

There will be free respite care for caregivers to attend this event by calling 1-800/834-1636 or 707/542-0282. There will be limited seating. Respite care by reservation only.

Those who wish to donate to this event can do so by sending checks payable to: Thrivent Financial for Lutherans and mail to 75 N. Main St., #116, Willits, CA 95490.

There will be a free Educational Lecture before the event -- from 10 to 11:30 a.m.: "All You Ever Wanted to Know…" featuring Joan Davis from the Alzheimer's Association of the Bay Area. Resources for caregivers will be available at both the free lecture, as well as at the fund-raiser in the afternoon. Committee members include: Julie Barrington, 462-8587; Karen Chaty, 468-5072; Candace Horsley, 462-4872; Kathy Gassen, 459-2339; Rhonda Kyrias, 467-9651; Linda Simon, 462-0500; Lynn Wood, 462-4142; Jeanne Yttreness, 468-5292 and Carole Hester, 972-2795. Congressman Mike Thompson and Assemblywoman Patty Berg are Honorary Co-Chairs.

Better Breathers Club to meet in Ukiah on Wednesdays

The American Lung Association invites persons who have been diagnosed with emphysema, chronic bronchitis, have breathing difficulties, are looking for more information on chronic lung disease, or are looking for support on how to live better with lung disease to join their Better Breathers Club program, on Wednesdays, in conference room 161 at the Public Health Department, 1120 S. Dora St., 1:30 to 2:30 p.m.

For more information, or to speak to a respiratory therapist, call 1-800-LUNG-USA, or visit the Web site http://www.lungusa.org.

Weight Loss Surgery and Information Group meeting first Friday every month

A Weight Loss Surgery Support and Information Group is meeting, free and open to the public. It is a support group for Gastric Reduction Duodenal Switch and other weight loss surgeries, sponsored by Central Valley Bariatrics. The group meets on the first Friday of the month, at 6 p.m., in Bartlett Hall, Ukiah Senior Center, 495 Leslie St., Ukiah. For more information, E-mail kathlyn@pacific.net.

Cancer Resource Centers offer free services

People living with cancer, their friends and their families are invited to call or visit the Mendocino office of the Cancer Resource Centers of Mendocino County for free supportive services including a library of cancer-related books, tapes and magazines available for check-out, a support group for people diagnosed with cancer, cancer-care telephone workshops, accompaniment to medical appointments, and support from our patient navigators. They have offices located on the coast and in Ukiah. The coast office is open Monday through Thursday 9 a.m. to 4 p.m. and Friday by appointment at 45040 Calpella St. in the village of Mendocino, or call 937-37833. The Ukiah office is open Monday through Friday 9 a.m. to 5 p.m. at 590 S. Dora St. in Ukiah, and can be reached by phone at 467-3828. CRCMC is a nonprofit organization funded through local donations, events and grants.

A Healing Cooperative offering support/counseling

A Healing Cooperative, a local non-profit, is offering the following mental health-focused services: a support center, open Monday to Friday, 11 a.m. to 3 p.m.; art classes, Mondays, Thursdays, and Fridays, 1 to 3 p.m.; Writing for Self Discovery, Tuesdays, at 11 a.m.; Men's and Women's support groups, Tuesdays at noon; Movin' On, a dual diagnosis support group, Wednesdays at 2 p.m.

These activities take place at 270 N. Pine St., at the Ukiah United Methodist Church. For more information, contact them at 462-3360, or visit their web site www.ukiahumc.org/ahc.

Community HealthCorps Program seeks applicants for new program cycle

The Community HealthCorps of Northern California is still accepting applications to serve in local community health centers (including health centers in Ukiah, Potter Valley, Gualala, Fort Bragg, Laytonville, Willits and Boonville) in the areas of health education, outreach and patient advocacy. The mission of the HealthCorps Program (a division of the national AmeriCorps Program) is to engage community members in service with the goal of improving access to comprehensive, affordable and culturally appropriate health care.

The program is an opportunity for community members to gain professional skills and to make a positive impact on the health and well-being of their communities. In exchange for 1700 hours of their service to the community, HealthCorps Members receive a modest living allowance of $10,900, an education award of $4,725, health insurance, child care benefits, training in community health issues, and opportunities for professional and personal development. The next program cycle begins in September. For more information about the program, or to download an application, visit http://www.ruralcommunityhealth.org, E-mail Nancy Eachus, Program Coordinator, at neachus@ruralcommunityhealth.org, or call Nancy at 462-1477 ext. 102.

Striving

Continued from Page 3

and who will ever be.

Since we are part of the universe, we must be infused with the same stuff that created our rivers, mountains, oceans, and even our Mother Earth. Moreover, beyond that, the same universal force that envelops each of us, at all times, wherever we are, wraps the furthest star in the darkest night. Therefore, when we gaze far into the nighttime sky, we see some of ourselves. We cannot be separated from that which created us; it is denial of what we are, and what we can be.

I believe all this. And because I do, I am convinced that a force so powerful, so creative, so expansive to do all this, would never put anyone on this planet doomed to fail, whether her goal may be to change the future of millions or simply to lead a happier life for herself.

I felt we needed to be reminded. I sure do.

About the author: Scott "Q" Marcus is a THINspirational speaker and author. Since losing 70 pounds 13 years ago, he conducts speeches, workshops, and presentations throughout the country. You too can take a pledge to visit www.ForeverFightingFat.com or contact him at scottq@scottqmarcus.com

Water

Continued from Page 3

writes, "but there have been concerns because traces of BPA have been detected in human urine samples."

So, are plastic bottles safe to use repeatedly?

Where Nagalene bottles are concerned, any amount of BPA leached is probably miniscule, says John Swartzberg, Clinical Professor of Medicine at UC Berkeley and chair of the Wellness Letter's editoral board.

"Of course, you don't want to put anything in your body that you don't have to," Swartzberg says.

"Most times, any leaching would happen with the first few uses, so just wash the bottle out."

The bigger health issue stems from bacteria in reused bottles: Proper cleaning is essential.

"Saliva gets into the bottle and if there's enough warmth, it can grow," Swartzberg says. "Conceivably it can cause disease. To our knowledge, there's been no outbreak of disease from unclean bottles, but that's no reason to contaminate yourself."

Bottles should be cleaned using hot, soapy water. Avoid using dishwashers because high heat can cause degradation, Swartzberg says.

Swartzberg suggests using a scrubber designed for baby bottles to thoroughly clean the inside, neck and lip of the bottle. Then let the bottle air dry completely before refilling.

Finally, check the bottle for visible thinning or cracking because damaged areas can harbor bacteria. Disposable plastic bottles are not designed for multiple use so they are susceptible to breaking down over time.

"Plastic is not really the issue," Christman says. "Bad hygeniene and improper cleaning are the main reasons why reusing a bottle can have health risks. Obviously, single-use bottles are more sanitary. Really, it comes down to a consumer's personal choice."

Reach Ann Tatko-Peterson at 925-952-2614 or atatko@bayareanewsgroup.com

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Donations can be made to
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at
The Savings Bank of Mendocino County
questions can be e-mailed to
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LOCAL CALENDAR

TUESDAY SEPTEMBER 4
Ukiah High School Volleyball against Windsor High School. Ukiah High Gym, 4:30p.m.

THURSDAY SEPTEMBER 6
Ukiah High Tennis vs. Montgomery at 3:30p.m. at Montgomery.

FRIDAY SEPTEMBER 7
Ukiah High Varsity/JV football vs. Sonoma at 5:00/7:30p.m. in Sonoma.

FRIDAY SEPTEMBER 7
Mendocino JC Volleyballl team vs. College of the Siskiyous, 5:30p.m. at Mendocino College gymnasium.

SATURDAY SEPTEMBER 8
Mendocino JC Volleyball tournament, starts at 8:30a.m. at the Mendocino College gymnasium.

Calendar listings are from the most recent schedules provided by the schools and organizations in our coverage area. Please report schedule changes or incorrect listings to The Daily Journal Sports Department at 468-3518.

COMMUNITY DIGEST

Rusty Bowl BMX open use hours

Open use hours began July 23 and will run through September 30, BMX racing will be on Sunday at a new time. Registration will open from 5 p.m. until 6:30. Racing follows the close of registration.

Open practice is held on Thursday evenings from 5 p.m. until 7 p.m. Everyone is encouraged to come out and experience bicycle Moto-Cross at its best. For additional information call 462-0249.

Ryan Rones soccer camp scholarship

The Ryan Rones Scholarship Committee is looking for applicants for the scholarship fund to benefit players wanting to attend soccer camps.

Applicants must be dedicated to the game of soccer, hard-working, and have a good team attitude. Pick up applications at 601 N. State Street, or call 468-5711. Please submit the application at least two weeks before the start of the camp. Donations toward the fund are gratefully accepted at the address listed above.

Ukiah co-ed softball tournament

The City of Ukiah is beginning registration for a co-ed slow pitch softball tournament. The tourney will be held at the Ukiah Sports Complex on Saturday, September 22, and Sunday, September 23.

The format will be a three game round-robin with a single elimination playoff to follow. The deadline for registration is Friday, September 14 with a maximum of 18 teams. Team fees are $300 per team (no player fee).

All proceeds go towards field and facility improvements for the City of Ukiah Complex. For questions or to register a team, please call (707) 463-6714 or come to 411 West Clay Street.

Ukiahi Athletic Boosters meeting

Become involved and join the Ukiah High School Athletic Boosters Club. All parents and community members are welcome and encouraged to participate.

This is a fun and long-standing community group which works hard to help local prep athletes obtain their uniforms and much needed equipment.

The next Ukiah High School Athletic Boosters meeting will be on Wednesday, September 5, at 5:30 p.m. on the Ukiahi campus in the Career Center located in the Administration Building.

Ukiahi Athletic Boosters dinner

Ukiah High School Athletic Boosters fund raising dinner and auction will be held on Monday, October 15.

The community is invited to join us for our annual event at a "new" location in the Fine Arts building at the Ukiah Fair Grounds.

Dinner tickets are $30 per person. For reservations and purchase information contact Deni Lee at 468-3736 or Val Jackson at 468-9085.

UVAH golf tourney

On September 22, the 17th annual Ukiah Valley Association for Habilitation (UVAH) golf tourney will be held at the Ukiah Municipal Golf Course.

Participants can enter as a team of up to four people, or individually. Prizes for the first, second, and third place teams, hole-in-ones and longest putt and longest drive will be awarded to participants.

Sign up by September 1, to ensure a shotgun start. For more information call Pam Jensen at 468-8824. A $60 donation required, $35 for people with yearly memberships. All proceeds go to the UVAH.

Attention coaches!

Please report local game results and schedule updates to the Ukiah Daily Journal sports desk as they happen. Ideas for sports feature stories are also appreciated.

Game or team photos, statistics, and contact information are always appreciated. The sports editors will do their best to include as many local teams as possible.

Information may be dropped off at 590 South School Street on weekdays. Telephone results to 468-3518 any time, or email udjsports@pacific.net.

2003 champ Roddick reaches quarterfinals; Haas beats Blake

By BEN WALKER
AP National Writer

NEW YORK — So much for James Blake's success in five-setters.

With his rowdy fans pleading for him to put it away, Blake missed on three match points and wound up losing to No. 10 Tommy Haas 4-6, 6-4, 3-6, 6-0, 7-6 (4) Monday at the U.S. Open.

Earlier in the tournament, Blake ended his 0-for-9 slump in five-set tries. He had his chances this time, too, but couldn't come up with that last, winning shot.

"It's going to sting for a little while," Blake said. "Just another unfortunate learning experience."

Haas advanced to the quarterfinals for the third time in four years. The German made a full-out dive for a shot in the final set and later, down 5-4, came up with three big serves to prevent the sixth-seeded Blake from closing it out.

"I feel like I had all the conditions on my side," he said.

Blake's rooting section — the J-Block — tried to stir their favorite player throughout the match. The cheers reached a crescendo in the tiebreaker when Blake raced to the baseline for an over-the-shoulder shot, but Haas won that point with a picture-perfect lob to go up 4-3.

"I think if I had lost that point, the crowd would've gone absolutely ballistic," Haas said.

The match ended, however, in silence. Haas hit a 113 mph ace that Blake challenged, and the players looked at each other as the crowd became quiet with a mix of anticipation and apprehension.

The replay on the scoreboard confirmed the ball was indeed good, and it was over.

"I hope the audience enjoyed the show," Haas said.

Haas next plays No. 4 Nikolay Davydenko, who beat Lee Hyung-taik of South Korea 6-1, 6-3, 6-4.

Earlier, Andy Roddick reached the quarterfinals thanks to another abbreviated work day.

Roddick, the 2003 champion and 2006 runner-up, moved on when No. 9 Tomas Berdych stopped playing in the second set because he had trouble breathing and felt sluggish.

"I haven't been tested much this tournament so far," said the fifth-seeded Roddick, who could face No. 1 Roger Federer next.

Roddick was leading 7-6 (6), 2-0 in the fourth round when Berdych quit, making him 0-9 against top-10 opponents at Grand Slam tournaments. Roddick got through the second round when Jose Acasuso stopped because of a bad knee while trailing two sets to one.

"The body was so slow. It wasn't any, like, straight one problem or one pain or something," Berdych said. "Just, like, generally didn't feel well."

Almost from the get-go, Roddick knew Berdych was ailing.

"I heard him say something to the umpire early on in the first," Roddick said. "Then, of course, I'm trying to eavesdrop on his whole conversation he's having with the trainer."

Roddick went directly from Arthur Ashe Stadium to the practice court and hit for nearly an hour.

"I know that this is a lot better than being dead tired. Given the two options, I'll take this one," Roddick said.

At a changeover early in the match, Berdych asked to see a trainer and indicated he was having a hard time taking deep breaths. He then went out and broke Roddick twice to take a 5-3 lead and serve for the set. But Roddick broke back at love, then saved a set point in the tiebreaker.

Berdych saw a doctor after leaving the court, then headed for blood tests to try to figure out exactly what was wrong.

Federer was to meet Feliciano Lopez at night.

"No offense to Lopez, but I'm kind of already preparing for Roger," Roddick said, several hours before that match began.

Also Monday, 2004 champion Svetlana Kuznetsova got off her stomach and beat Victoria Azarenka 6-2, 6-3 to reach the quarterfinals.

Kuznetsova needed five match points, finishing it off with a strong, cross-court forehand that Azarenka chased into the corner, losing her hat on the way.

Earlier in the second set, No. 4 Kuznetsova was the one who tried without success to track down a shot. In the sixth game, she charged toward the net and skidded, doing the splits and winding up sprawled on the court.

The Russian got up easily and went on to eliminate the 18-year-old from Belarus. Kuznetsova next plays another unseeded opponent, Agnes Szavay of Hungary.

"She's tough," said Kuznetsova, who won a warmup tournament in New Haven, Conn., the weekend before the U.S. Open when Szavay retired during the final with a back injury.

Szavay moved on by defeating Julia Vakulenko of Ukraine 6-4, 7-6 (1). Ranked No. 31, Szavay is playing in her first U.S Open — her two other previous Grand Slam appearances ended in second-round losses at Wimbledon and the French Open this year.

No. 18 Shahar Peer became the first Israeli woman to reach the U.S. Open quarterfinals by beating No. 30 Agnieszka Radwanska 6-4, 6-1. Radwanska knocked off defending champion Maria Sharapova in the third round but couldn't keep up with Peer, who built a 20-4 advantage in winners.

Rockies keep pace in NL West race with win over Giants

By AP Sports Writers

DENVER — Jeff Francis has emerged as the Colorado Rockies' staff ace, but his biggest contribution Monday came with his bat.

Francis' one-out double started a seven-run third inning, and Chris Iannetta's two-run triple highlighted the rally as the Rockies opened a crucial six-game homestand with a 7-4 win over the San Francisco Giants.

The Rockies, who started the day five games back in both the National League West and the NL wild-card race, improved to 71-66. They are five games above .500 for the first time since Aug. 15.

A year ago, the Rockies were 10 games under .500 and out of the postseason hunt.

"It's a lot more fun," Francis said. "Guys out here are playing for the team, playing for the guy next to you. This time last year guys were going out and maybe playing a little bit for themselves. Now they have no choice but to do otherwise."

Francis (15-6) went 5 2/3 innings, giving up three runs and nine hits. His 15 wins are the most by a Colorado left-hander since Shawn Estes had 15 in 2004.

"Those are bonuses," Francis said. "Right now, we're trying to win games."

Manny Corpas got three outs for his 13th save in 15 chances, and his 13th straight since replacing Brian Fuentes as closer.



Photo by Jeff Trouette

Giants' pitcher Matt Cain had his shortest start since May 3.

Colorado's big third inning came mostly at the expense of Giants starter Matt Cain. The Rockies roughed up Cain (7-14) for six runs and five hits in the inning before he was lifted in favor of reliever Pat Misch.

Francis battled Cain, fouling off four pitches before doubling to center.

"I hit it obviously in the right spot," Francis said.

Francis scored on a single by Kaz Matsui, and Matt Holliday's sacrifice fly scored Willy Taveras. After consecutive walks to Todd Helton and Garrett Atkins loaded the bases, Brad Hawpe lined a two-run single to right field.

Misch came on and gave up an RBI single to Troy Tulowitzki and a triple to right to Iannetta.

Taveras had three hits and Helton and Iannetta had two hits each.

"Very rarely do you win when you score in one inning here and you don't add on," Rockies manager Clint Hurdle said. "It was a big inning. It was a good inning. It was enough for us to win a game."

Cain, who went 2 2/3 innings, had the shortest start of his career in a ballpark where previously he was dominant in 2007. In his two prior starts at Coors Field this season, Cain was 1-0 with a 0.69 ERA in 13 innings. He started strong Monday, striking out five of the first eight batters he faced before Francis' double.

"Francis, that's a huge at-bat there, then he just couldn't get out of it," Giants manager Bruce Bochy said of Cain. "It's a game we let get away from us, because Matty had good stuff. It's a shame we couldn't get out of that inning."

The Giants got two back in the sixth on a pair of RBI singles from Pedro Feliz and Kevin Frandsen, chasing Francis. Reliever Jeremy Affeldt ended the threat by getting Ray Durham to fly out to center.

Randy Winn's ninth homer of the season cut the lead to 7-4 in the seventh. Bengie Molina led off the second inning with his 15th homer to give San Francisco a 1-0 lead.

Tarell Brown rewarded for strong camp with Niners

By GREG BEACHAM
AP Sports Writer

SANTA CLARA — Just a few months ago, Tarell Brown's talent was no match for his troubles. The once-sparkling prospect dropped down draft boards, with teams unwilling to bet on a player with a terrible knack for riding in the wrong cars with the wrong friends.

On a quiet morning at the San Francisco 49ers' training complex Monday, Brown was rewarded for his personal and professional strides when the club presented him with the Thomas Herrion Award honoring the club's most inspirational performance in training camp.

Brown, a fifth-round pick from the University of Texas, made the 49ers' 53-man roster Sunday. He'll be a backup and a special-teams player early on, but the club sees promise in the former Longhorns star who fell from the highs of a national title to the lows that began with his arrest on misdemeanor drug and weapons charges last fall.

"I wasn't planning on getting an award," said Brown, a Texas native like Herrion. "I just went out there and worked hard, like I always do. It's a blessing to get this award. I just want to represent it in the way Thomas Herrion would, in a positive way."

Brown, a senior starter with strong pro prospects, was suspended for Texas' key loss to Ohio State last September after a traffic stop. Brown and two friends were arrested when officers said they found a small amount of marijuana in the car and a handgun in Brown's lap.

Though Brown took a drug test to prove he hadn't been using marijuane, he fell under a stigma among scouts that wasn't helped when the Texas secondary struggled last season. Then Brown was arrested three days before the draft when marijuana was found in his cousin's car while Brown was a passenger.

His draft stock kept dropping, but the 49ers chose him with the 147th overall pick. Coach Mike Nolan constantly emphasizes the importance of his prospective players' character, and Nolan felt Brown was a good person with poor luck. Though all charges against him eventually were dropped, Brown knows he got off to a bad start in adulthood.

"The odds were against me," Brown said. "I had people saying I had baggage coming with me. I don't think that was the case, but I think I overcame that. ... I don't dwell on the past. What happened, happened, but I feel like I can contribute no matter where I was drafted."

The 49ers initiated the award last season in honor of Herrion, the offensive lineman who collapsed and died after a preseason game in Denver on Aug. 20, 2005. Herrion was competing for a roster spot at the time, but his teammates knew him well for his playful personality and teamwork.

Brown started out strong in offseason workouts with the 49ers, and solidified his roster spot with solid play during the preseason. He even won the Thomas Herrion Talent Show along with his fellow defensive backs during a break from camp last month.

"He looks to be a good part of what we do going forward, so I'm excited about that for Tarell," Nolan said.

SO MANY CAPTAINS: The NFL introduced a plan this season to put "C" patches on the jerseys of each team's captains, yet the 49ers won't wear the letters this season.

That's because the 49ers appointed 10 captains Monday, and the league only allows five lettered jerseys on the field. Since Nolan doesn't want to choose among the members of his council of captains, he doesn't plan to use the "C" at all.



Dean Coppola/Contra Costa Times

Corner back Tarell Brown during a workout at the 49ers training facility in Santa Clara.

Nolan, who had four team captains in each of his previous two seasons, met with his group after practice Monday. It includes cornerbacks Nate Clements and Walt Harris, linebacker Derek Smith, receiver Arnaz Battle, defensive lineman Marques Douglas, offensive tackle Jonas Jennings, center Eric Heitmann, kicker Joe Nedney, quarterback Trent Dilfer and fullback Moran Norris.

After each position group elected a captain, Nolan also appointed Jennings and Harris, the 49ers' two union player representatives. The captains are responsible for relaying teammates' concerns to Nolan and resolving other problems without taking them to the head coach. "Our team recognizes those 10 guys, and I meet with them every week and go over any issues they may have," Nolan said. "Sometimes it may be a 30-second meeting. Other times, it could go as long as 30 minutes. This is the committee that allows me to interact with the football team in additional ways," Nolan said.

Nolan still will name three game captains each week.

HEALTHY NINERS: The 49ers only will have two players who are unlikely to play in Monday's season opener against Arizona.

Rookie defensive back Dashon Goldson will be doubtful because of his elbow injury, and cornerback Donald Strickland is questionable with a bruised chest. Neither backup was likely to play much, anyway.

Pro Bowl running back Frank Gore participated in every part of practice Monday, and the third-year pro is ready to go after missing the preseason with a broken hand. Gore will wear a pad on his hand against the Cardinals, but doesn't believe it will affect him.

Gore is looking forward to practicing in pads Friday.

"Once I get that first hit, I'll be ready to go for Monday," he said. "You don't want to get hurt by sitting out a whole month. You feel like you've got to do some catching up, feel the rhythm with the linemen and everything."

Nose tackle Aubrayo Franklin rejoined parts of practice Monday, and he'll be even more involved Thursday. Nolan didn't say whether Franklin or Isaac Sopoaga will start the season opener at the key spot in San Francisco's 3-4 defensive front.

Many subplots in Chargers game

By BERNIE WILSON
AP Sports Writer

SAN DIEGO — There won't be any shortage of subplots and motivational factors when the Chicago Bears visit the San Diego Chargers in a season opener Sunday.

First off, there's that shoe commercial in which reigning NFL MVP LaDainian Tomlinson spins and slashes through the Bears for a long touchdown run, leaving several defenders grasping at air and sprawled on the ground.

"Was that against the Bears?" Tomlinson said Monday, feigning ignorance.

Yes it was, and it also features appearances by fellow Chargers stars Philip Rivers, Antonio Gates and Shawne Merriman. The ad begins with the Chargers trailing 22-17 with 10 seconds left in the fourth quarter.

Tomlinson said he's heard that Bears middle linebacker Brian Urlacher isn't thrilled with how the Bears' defense — one of the league's best — is portrayed.

"I'm pretty sure they're not happy about it," Tomlinson said. "In fact I read something somebody sent me that Urlacher said to ask me how many yards I had the last time I played them four years ago. There you go. That tells me how they feel about it."

For the record, the Bears held Tomlinson to 61 yards and one touchdown on 16 carries in 2003, when the Bears won 20-7 at Soldier Field.

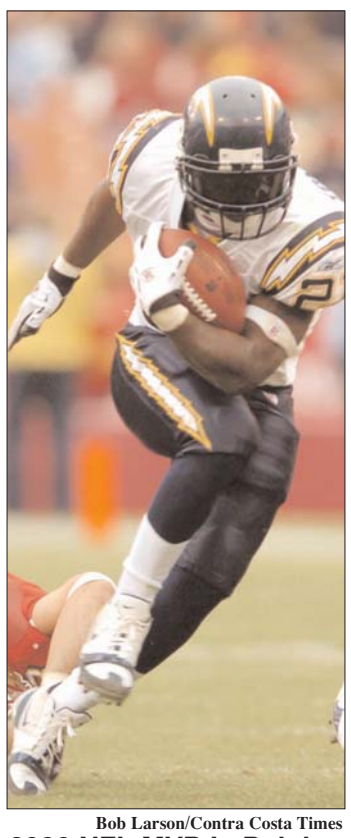
The teams haven't played since.

The Bears' defense is "aggressive and fast and smart. We're going to have a big challenge," Tomlinson said.

"Once you start playing and you're three to four plays into the game, I don't think there's anyone in Chicago who's going to be thinking about the Nike commercial," Chargers coach Norv Turner said.

Then there's Ron Rivera, who went from being the Bears' defensive coordinator to working as San Diego's linebackers coach.

Two weeks after the Bears lost the Super Bowl to Indianapolis, Rivera interviewed for but didn't get the job that went to Turner. On the same day the Chargers hired Turner, the Bears told Rivera his contract wouldn't be renewed. Hours later, the Chargers brought Rivera on board.



Bob Larson/Contra Costa Times

2006 NFL MVP LaDainian Tomlinson.

Having Rivera on his staff "helps a lot," Turner said. "I think he's been a good insight to both sides of the ball. He's been there and he knows the personnel. Obviously once the game starts, the players decide the game. If it gives us a little insight to what they're thinking, then it is a help."

A team spokesman said Rivera wouldn't be speaking with reporters this week.

"My guess is that Ron decided it would be best for him not to," Turner said. "It certainly wasn't initiated by me. I think I was in his position last year and I don't think I did any either, so sometimes it's the best way to go."

Turner was fired by the Oakland Raiders following the 2005 season, then hired as offensive coordinator of the San Francisco 49ers. The 49ers beat the Raiders last season.

The Bears aren't overly concerned.

"He's been in the system here, he knows what we do, but we're not doing everything exactly the same," cornerback Nathan Vasher said.

"If I were on the coaching staff out there, I would pick his mind constantly," wide receiver Muhsin Muhammad said. "If I were a player out there, I would be asking about all the guys. They've got a good advantage with coach Rivera out there, but you've got to line up, you've got to play. It's still a game of talent. Rivera can't be out there."

As cornerback Ricky Manning Jr. said, "That's the NFL. You see it all the time. ... It'll be fun. I'm pretty sure they're trying to get any information they can from him."

Rivers said Rivera will be an asset, to a point.

"Obviously they'll do some different things. They know he's here, too," Rivers said. "At the same time you don't want to get too caught up in what they've done and what he knows, then your mind's bogged down.

So I think you use what you can to help you. It's still going to happen in between the lines on Sunday."

Then there will be Turner versus Turner: Norv against his younger brother, Ron, the Bears' offensive coordinator.

Family pride won't be an issue, Norv Turner said.

"We're way past that, you know? You play a lot of games and you play against a lot of your real close friends and all that.

But we all know what this is about. It's about our football team getting prepared to do the best we can. Do everything you can to win.

"We've done this four or five times and we really don't talk much about it. You know it's there, you've got family members involved and all those things, but it's really not an issue," Turner said.

AP Sports Writer Andrew Seligman in Chicago contributed to this report.

Heart abnormalities affect athletes more, create higher risk for attack

By MARIA CHENG
AP Medical Writer

VIENNA, Austria — Cardiac problems like an abnormal heartbeat are exacerbated by rigorous exercise in a way that can be fatal in athletes, and regular testing for the problem could save lives, doctors at a heart conference said Sunday.

Italy is the only country that mandates heart screening of all its professional athletes, Dr. Domenico Corrado of the University of Padua said at the European Society for Cardiology meeting in Vienna.

Since 1981, Italian authorities have run heart checks on all competing athletes. The incidence of sudden, fatal heart attacks has dropped from four cases per 100,000 to 0.4 cases per 100,000.

Without testing, athletes genetically predisposed to having an irregular heartbeat might not be aware of their condition until it's too late, doctors said. Adrenaline produced during exercise may overstimulate the heart, causing it to essentially short-circuit.

"Sport acts as a trigger," Corrado said in research presented at the meeting.

Corrado said he had no ties to companies involved in screening athletes. The research was funded by the Italian government.

Last week, Antonio Puerta became the latest high-profile soccer player to die while competing.

After the 22-year-old Sevilla midfielder lost consciousness and fell, doctors treated him on the field and he walked off, but then had a heart attack in the locker room and another in the emergency room of a Seville hospital.

He died three days later.

A day after Puerta's death, former Zambia striker Chaswe Nsofwa died minutes after collapsing on the field during a training session with Israeli club Hapoel Beersheba. The 27-year-old Nsofwa was given electric shocks and an external pacemaker but could not be revived by paramedics.

On Aug. 24, 16-year-old Anton Reid of English League One team Walsall died after collapsing on the field.

Because they have been exercising vigorously, many athletes who collapse during competition do not have enough oxygen in their bodies to allow the heart to start pumping again, even if a defibrillator is used to try to restart their heart.

FIFA, world soccer's governing body, deemed the risk of irregular heartbeats to be so great that before last year's World Cup in Berlin, its medical committee demanded that all players undergo heart scans. Following the recent deaths, FIFA said it was considering expanding health checks.

"Athletes may have a silent but important heart disease that's not ... manifest," said Dr. Douglas Zipes, a cardiologist at Indiana University School of Medicine. Though little data exist, Zipes said that a genetic disorder may cause some athletes' hearts to get abnormally big when they train.

Corrado estimated that the cost of Italy's heart screening program is about $82 per athlete. Other countries are not convinced that screening is worth the cost, given how few athletes are at risk. Concerns have been raised about the effectiveness of the scan, which relies largely on echocardiograms, a test that shows if the heart is pumping normally.

"As a screening test, it's very imperfect," said Dr. Gordon Tomaselli, chief of cardiology at Johns Hopkins University and spokesman for the American Heart Association. "It can pick up many of the things that cause sudden death, but not all of them."

Doctors said that more awareness about the potential dangers is key to preventing future deaths, though not all athletes with suspicious tests will collapse on the field.

"Coaches should pay more attention to their players' symptoms," Zipes said. "If an athlete is complaining about chest pains or shortness of breath, those are warning signs that should not be ignored."

Associated Press sports writer Chris Lehourites in London contributed to this report.

SCOREBOARD

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

At A Glance
By The Associated Press
All Times EDT

East Division

	W	L	Pct	GB
Boston	82	55	.599	—
New York	76	61	.555	6
Toronto	70	66	.515	11 1/2
Baltimore	59	76	.437	22
Tampa Bay	56	81	.409	26

Central Division

	W	L	Pct	GB
Cleveland	78	58	.574	—
Detroit	73	64	.533	5 1/2
Minnesota	69	68	.504	9 1/2
Kansas City	61	75	.449	17
Chicago	58	79	.423	20 1/2

West Division

	W	L	Pct	GB
Los Angeles	80	56	.588	—
Seattle	73	62	.541	6 1/2
Oakland	68	70	.493	13
Texas	63	73	.463	17

Sunday's Games
Tampa Bay 8, N.Y. Yankees 2
Chicago White Sox 8, Cleveland 0
Toronto 6, Seattle 4
Boston 3, Baltimore 2
Kansas City 8, Minnesota 1
Oakland 8, Detroit 7, 10 innings
Texas 8, L.A. Angels 7
Monday's Games
Seattle at N.Y. Yankees, 1:05 p.m.
Cleveland at Minnesota, 2:10 p.m.
Toronto at Boston, 7:05 p.m.
Baltimore at Tampa Bay, 7:10 p.m.
Kansas City at Texas, 8:05 p.m.
Oakland at L.A. Angels, 9:05 p.m.
Tuesday's Games
Toronto (Halladay 14-6) at Boston (Beckett 16-6), 7:05 p.m.
Seattle (Ramirez 8-4) at N.Y. Yankees (Wang 16-6), 7:05 p.m.
Chicago White Sox (Garland 8-10) at Detroit (Bonderman 11-7), 7:05 p.m.
Baltimore (Guthrie 7-5) at Tampa Bay (Kazmir 11-8), 7:10 p.m.
Kansas City (Buckner 0-0) at Texas (Millwood 9-11), 8:05 p.m.
Cleveland (Laffey 2-1) at Minnesota (Slowey 3-0), 8:10 p.m.
Oakland (DiNardo 8-7) at L.A. Angels (Jer.Weaver 10-6), 10:05 p.m.
Wednesday's Games
Cleveland at Minnesota, 1:10 p.m.
Oakland at L.A. Angels, 3:35 p.m.
Toronto at Boston, 7:05 p.m.
Seattle at N.Y. Yankees, 7:05 p.m.
Chicago White Sox at Detroit, 7:05 p.m.
Baltimore at Tampa Bay, 7:10 p.m.
Kansas City at Texas, 8:05 p.m.

NATIONAL LEAGUE

At A Glance
By The Associated Press
All Times EDT

East Division

	W	L	Pct	GB
New York	76	60	.559	—
Philadelphia	72	64	.529	4
Atlanta	69	68	.504	7 1/2
Florida	60	77	.438	16 1/2
Washington	60	77	.438	16 1/2

Central Division

	W	L	Pct	GB
Chicago	70	65	.519	—
Milwaukee	69	67	.507	1 1/2
St. Louis	67	66	.504	2
Cincinnati	62	75	.453	9
Houston	61	76	.445	10
Pittsburgh	59	77	.434	11 1/2

West Division

	W	L	Pct	GB
San Diego	75	61	.551	—
Arizona	76	62	.551	—
Los Angeles	71	65	.522	4
Colorado	70	66	.515	5
San Francisco	62	75	.453	13 1/2

Sunday's Games
N.Y. Mets 3, Atlanta 2
Florida 7, Philadelphia 6
Washington 2, San Francisco 1
Milwaukee 7, Pittsburgh 4
St. Louis 3, Cincinnati 2
Chicago Cubs 6, Houston 5
L.A. Dodgers 5, San Diego 0
Colorado 4, Arizona 3

Tuesday's Games
Florida (Willis 8-14) at Washington (Hill 3-3), 7:05 p.m.
N.Y. Mets (O.Perez 12-9) at Cincinnati (Belisle 7-8), 7:10 p.m.
Philadelphia (Lohse 7-12) at Atlanta (T.Hudson 15-7), 7:35 p.m.
Houston (Backe 0-0) at Milwaukee (Villanueva 6-3), 8:05 p.m.
L.A. Dodgers (Penny 14-4) at Chicago Cubs (Trachsel 6-8), 8:05 p.m.
Pittsburgh (Snell 8-11) at St. Louis (Pineiro 4-3), 8:10 p.m.
San Francisco (Lincecum 7-4) at Colorado (Morales 0-2), 8:35 p.m.
San Diego (Young 9-5) at Arizona (Davis 12-11), 9:40 p.m.
Wednesday's Games
N.Y. Mets at Cincinnati, 12:35 p.m.
Philadelphia at Atlanta, 1:05 p.m.
Florida at Washington, 7:05 p.m.
Houston at Milwaukee, 8:05 p.m.
L.A. Dodgers at Chicago Cubs, 8:05 p.m.
Pittsburgh at St. Louis, 8:10 p.m.
San Francisco at Colorado, 8:35 p.m.
San Diego at Arizona, 9:40 p.m.

NATIONAL FOOTBALL LEAGUE

National Football League
At A Glance
By The Associated Press
All Times EDT

AMERICAN CONFERENCE

East

	W	L	T	Pct	PF	PA
Buffalo	0	0	0	.000	0	0
Miami	0	0	0	.000	0	0
New England	0	0	0	.000	0	0
N.Y. Jets	0	0	0	.000	0	0

South

	W	L	T	Pct	PF	PA
Houston	0	0	0	.000	0	0
Indianapolis	0	0	0	.000	0	0
Jacksonville	0	0	0	.000	0	0
Tennessee	0	0	0	.000	0	0

North

	W	L	T	Pct	PF	PA
Baltimore	0	0	0	.000	0	0
Cincinnati	0	0	0	.000	0	0
Cleveland	0	0	0	.000	0	0
Pittsburgh	0	0	0	.000	0	0

West

	W	L	T	Pct	PF	PA
Denver	0	0	0	.000	0	0
Kansas City	0	0	0	.000	0	0
Oakland	0	0	0	.000	0	0
San Diego	0	0	0	.000	0	0

NATIONAL CONFERENCE

East

	W	L	T	Pct	PF	PA
Dallas	0	0	0	.000	0	0
N.Y. Giants	0	0	0	.000	0	0
Philadelphia	0	0	0	.000	0	0
Washington	0	0	0	.000	0	0

South

	W	L	T	Pct	PF	PA
Atlanta	0	0	0	.000	0	0
Carolina	0	0	0	.000	0	0
New Orleans	0	0	0	.000	0	0
Tampa Bay	0	0	0	.000	0	0

North

	W	L	T	Pct	PF	PA
Chicago	0	0	0	.000	0	0
Detroit	0	0	0	.000	0	0
Green Bay	0	0	0	.000	0	0
Minnesota	0	0	0	.000	0	0

West

	W	L	T	Pct	PF	PA
Arizona	0	0	0	.000	0	0
San Francisco	0	0	0	.000	0	0
Seattle	0	0	0	.000	0	0
St. Louis	0	0	0	.000	0	0

Thursday's Game
New Orleans at Indianapolis, 8:30 p.m.
Sunday's Games
Atlanta at Minnesota, 1 p.m.
Miami at Washington, 1 p.m.
Denver at Buffalo, 1 p.m.
Kansas City at Houston, 1 p.m.
Carolina at St. Louis, 1 p.m.
New England at N.Y. Jets, 1 p.m.
Philadelphia at Green Bay, 1 p.m.
Pittsburgh at Cleveland, 1 p.m.
Tennessee at Jacksonville, 1 p.m.
Detroit at Oakland, 4:15 p.m.
Chicago at San Diego, 4:15 p.m.
Tampa Bay at Seattle, 4:15 p.m.
N.Y. Giants at Dallas, 8:15 p.m.
Monday's Games
Baltimore at Cincinnati, 7 p.m.
Arizona at San Francisco, 10:15 p.m.
Sunday, Sept. 16
Buffalo at Pittsburgh, 1 p.m.
Indianapolis at Tennessee, 1 p.m.
Green Bay at N.Y. Giants, 1 p.m.
Houston at Carolina, 1 p.m.
San Francisco at St. Louis, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
New Orleans at Tampa Bay, 1 p.m.
Atlanta at Jacksonville, 1 p.m.
Dallas at Miami, 4:05 p.m.
Minnesota at Detroit, 4:05 p.m.
Seattle at Arizona, 4:05 p.m.
Kansas City at Chicago, 4:15 p.m.
N.Y. Jets at Baltimore, 4:15 p.m.
Oakland at Denver, 4:15 p.m.
San Diego at New England, 8:15 p.m.
Monday, Sept. 17
Washington at Philadelphia, 8:30 p.m.

MAJOR LEAGUE SOCCER

Major League Soccer
At A Glance
By The Associated Press
All Times EDT

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
D.C. United	13	6	3	42	40	23
New England	12	5	6	42	37	28
New York	11	9	3	36	37	32
Kansas City	9	9	6	33	37	37
Columbus	6	7	10	28	27	30
Chicago	7	10	5	26	22	30
Toronto FC	5	12	5	20	18	35

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
Houston	11	7	6	39	31	17
CD Chivas USA	11	6	3	36	30	19
FC Dallas	11	8	3	36	28	31
Colorado	7	9	7	28	24	26
Real Salt Lake	4	11	6	18	19	31
Los Angeles	3	11	5	14	22	33

NOTE: Three points for victory, one point for tie.

Wednesday's Game
Real Salt Lake 3, Kansas City 1
Saturday's Games
New York 1, Chicago 0
D.C. United 4, FC Dallas 0
Kansas City 1, Houston 1, tie
Real Salt Lake 2, Los Angeles 1
Sunday's Games
Colorado 1, Columbus 1, tie
Saturday's Games
New York 1, Chicago 0
D.C. United 4, FC Dallas 0
Kansas City 1, Houston 1, tie
Real Salt Lake 2, Los Angeles 1
Sunday's Game
Colorado at Columbus, 3 p.m.
Thursday, Sept. 6
D.C. United at CD Chivas USA, 10 p.m.
Saturday, Sept. 8
Chicago at Columbus, 7:30 p.m.
Toronto FC at FC Dallas, 8:30 p.m.
Real Salt Lake at Houston, 8:30 p.m.
Colorado at Los Angeles, 10:30 p.m.
Sunday, Sept. 9
New England at D.C. United, 3 p.m.
New York at CD Chivas USA, 8 p.m.

PACIFIC COAST LEAGUE

Pacific Coast League
At A Glance
By The Associated Press

AMERICAN CONFERENCE

Northern Division

	W	L	Pct.	GB
x-Nashville (Brewers)	88	55	.615	—
Iowa (Cubs)	79	64	.552	9
Omaha (Royals)	72	71	.503	16
Memphis (Cardinals)	56	87	.392	32

Southern Division

	W	L	Pct.	GB
x-New Orleans (Mets)	74	69	.517	—
Oklahoma (Rangers)	72	71	.503	2
Albuquerque (Marlins)	71	71	.500	2 1/2
Round Rock (Astros)	61	80	.433	12

PACIFIC CONFERENCE

Northern Division

	W	L	Pct.	GB
x-Salt Lake (Angels)	74	68	.521	—
Col. Springs (Rockies)	69	74	.483	5 1/2
Tacoma (Mariners)	67	76	.469	7 1/2
Portland (Padres)	57	86	.399	17 1/2

Southern Division

	W	L	Pct.	GB
x-Sacramento (Athletics)	83	60	.580	—
Fresno (Giants)	77	66	.538	6
Tucson (Diamondbacks)	75	66	.532	7
Las Vegas (Dodgers)	66	77	.462	17

x-clinched division

Sunday's Games
Omaha 2, Iowa 1, 10 innings
Las Vegas 7, Salt Lake 3
Oklahoma 20, Albuquerque 6, comp. of susp. game
Oklahoma 3, Albuquerque 2
Colorado Springs 6, Tacoma 4
Fresno 7, Portland 6
New Orleans 10, Round Rock 2
Nashville 5, Memphis 4
Sacramento 7, Tucson 0
Monday's Games
Colorado Springs at Tacoma
Fresno at Portland
Las Vegas at Salt Lake
Nashville at Memphis
New Orleans at Round Rock
Oklahoma at Albuquerque
Omaha at Iowa
Sacramento at Tucson

CALIFORNIA LEAGUE

California League
Second Half
At A Glance
By The Associated Press

North Division

	W	L	Pct.	GB
x-Modesto (Rockies)	42	27	.609	—
x-Visalia (Diamondbacks)	42	27	.609	—
y-San Jose (Giants)	34	35	.493	8
Stockton (Athletics)	29	40	.420	13
Bakersfield (Rangers)	27	42	.391	15

South Division

	W	L	Pct.	GB
yz-Lancaster (Red Sox)	43	26	.623	—
x-Lake Elsinore (Padres)	36	32	.529	6 1/2
R. Cucamonga (Angels)	35	34	.507	8
x-Inland Empire (Dodgers)	33	35	.485	9 1/2
High Desert (Mariners)	23	46	.333	20

x-clinched playoff spot
y-won first half
z-won second half

Sunday's Games
Rancho Cucamonga 4, Modesto 3
High Desert 6, Lancaster 4
San Jose 7, Bakersfield 6, 10 innings
Inland Empire 10, Lake Elsinore 1
Stockton 6, Visalia 5, 10 innings
Monday's Games
Bakersfield at San Jose
Inland Empire at Lake Elsinore
Lancaster at High Desert
Modesto at Rancho Cucamonga
Visalia at Stockton

GOLDEN BASEBALL LEAGUE

Golden Baseball League Playoffs
At A Glance
By The Associated Press

Championship
(Best-of-5)
Long Beach vs. Chico
Tuesday, Aug. 28: Chico 10, Long Beach 4
Wednesday, Aug. 29: Chico 12, Long Beach 8
Friday, Aug. 31: Long Beach 7, Chico 5
Saturday, Sept. 1: Chico 6, Long Beach 1, Chico wins series 3-1

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Mickelson turns in playoff performance and defeats Tiger

By DOUG FERGUSON
AP Golf Writer

NORTON, Mass. — Phil Mickelson is back on his game, and it was good enough to take down Tiger Woods.

Going head-to-head with Woods for the first time in 18 months, Mickelson buried the world's No. 1 player on the front nine and held him off down the stretch Monday to close with a 5-under 66 and win the Deutsche Bank Championship by two shots.

It was the first victory for Mickelson since The Players Championship in May, when he looked ready to make another run at Woods. Then came a wrist injury that cost him his summer, and only recently has Mickelson been able to swing without flinching.

The pain on this Labor Day belonged to Woods.

He couldn't make a putt on the front nine, and couldn't make enough when he was trying to make up ground. Woods had four putts for eagle on the TPC Boston, and picked up only three shots. He wound up with a 67 — despite taking 32 putts — and tied for second with Arron Oberholser (69) and Brett Wetterich (70), who were afterthoughts while playing in the final group.

The buzz outside Beantown was clearly on the two biggest names in golf, and Mickelson relished this victory.

"For 10 years I've struggled against Tiger," Mickelson said. "This sure feels great to go head-to-head ... and over the last five or six holes when he's making a run, it was fun to match him with birdies."

Mickelson finished at 16-under 268 and earned $1.26 million, moving him atop the standings in the PGA Tour Playoffs.

But after dispatching of Woods, Mickelson picked his next battle with PGA Tour commissioner Tim Finchem. He said he might not play next week outside Chicago at the BMW Championship, saying he owed it to the tour but that Finchem had not fulfilled some requests that Mickelson has made. He did not elaborate.

If Mickelson were to play at Cog Hill, he again would be paired with Woods the first two days. That might be incentive enough the way he handled Woods at the TPC Boston, staying ahead of him the first two rounds and playing his best when it mattered.

Mickelson, who moved back to No. 2 in the world with his 32nd career victory, took only 23 putts in the final round and built a five-shot lead after 10 holes. Woods had ample opportunity to close the gap, especially when Mickelson took double bogey on the 12th hole, but he never got closer than two shots.

Mickelson matched his birdie on the 16th to stay two ahead, Woods missed from 10 feet on the 17th, and Lefty effectively locked up the victory with his chip from behind the 18th green to 4 feet for his final birdie.

"Unfortunately, I just didn't make enough putts to really push him," Woods said.

Wetterich started the final round with a one-shot lead and didn't make a birdie until the 16th hole.

His birdie on the last hole gave him enough points to move up 29 spots to No. 22, giving him an excellent shot at making the Tour Championship.

Oberholser was within one shot of Mickelson most of the back nine, but he needed an eagle on the final hole to force a playoff, then missed a 10-foot birdie putt when the tournament was sealed. He moved up to No. 29 in the playoff standings; had he made the birdie putt, he would have gone to No. 20 and clinched a spot at East Lake for the Tour Championship.



Bob Pepping/Contra Costa Times

Phil Mickelson had not gone head to head with Tiger Woods for 18 months prior to last weekend.

John Mallinger and Bo Van Pelt moved into the top 70 to advance to the third round next week in Chicago.

Woods and Mickelson played together for the third time this week, but the final round put an end to the chatter, and seemed to double the size of the gallery that had followed them around the first two days of the tournament.

Woods twice was in position to apply some pressure on Lefty and both times failed, a sign of things to come.

Woods had a 15-foot eagle putt on the par-5 second hole that he left short, and a 65-foot eagle putt on the 298-yard fourth hole that he three-putted for par.

Mickelson, who matched Woods' birdie at No. 2 with a nifty pitch, hit his bunker shot on No. 4 just onto the fringe about 15 feet away and made that for birdie. Mickelson stretched his margin over Woods to three shot with an approach on No. 5 into about 4 feet.

Woods had another advantage on the par-5 seventh, his third putt for eagle on the front nine. He two-putted for birdie, but Mickelson matched him again with a long bunker shot to 6 feet.

The difference in their games was largely on the greens. Mickelson took only 11 putts on the front nine, including a 12-foot par save on the sixth when he flew the green. Woods had 17 putts, the longest he made was 4 feet for par on the third hole.

Woods fell five shots behind at the turn, and even when Mickelson gave him a slight opening, the world's No. 1 player stumbled trying to bust through the door.

Despite holding a three-shot lead over Oberholser — and still five over Woods — Mickelson went at the flag on No. 12 and came up short into the hazard.

Mickelson chipped up to 5 feet and missed to make double bogey. Woods had a prime chance to make it a three-shot swing, but his 15-foot birdie was well off line.

And this came one hole after Woods missed an 8-foot birdie, as Lefty made from 6 feet for par.

Woods tried to keep it interesting with a 40-foot birdie on the 14th hole to get within two shots, but that was as close as Mickelson allowed him to get. The key shot came on the par-3 16th, after Woods hit 8-iron into 10 feet. Mickelson followed with an 8-iron that never left the flag and stopped 6 feet below the hole.

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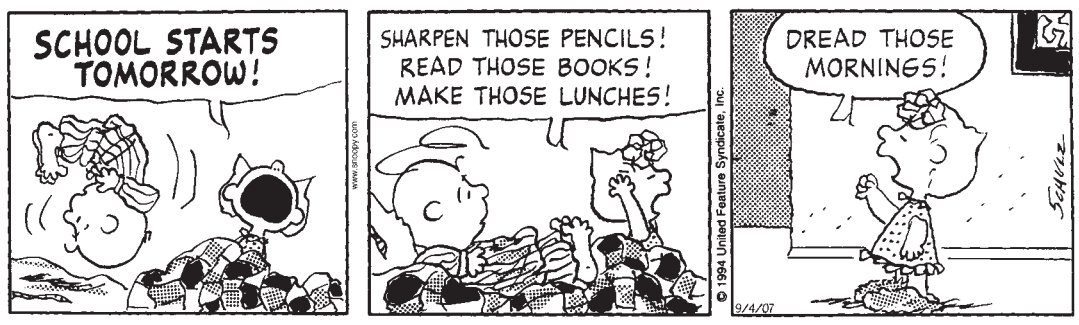
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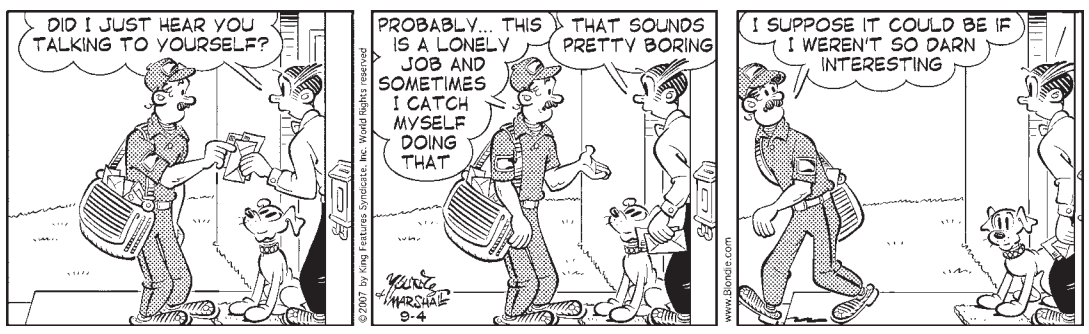
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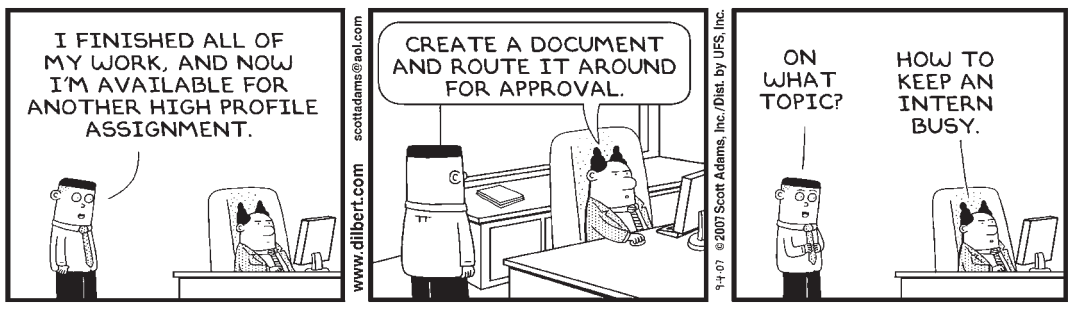
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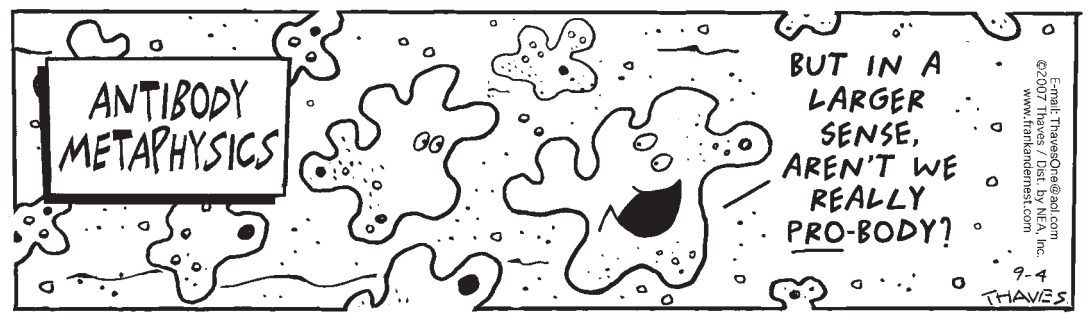
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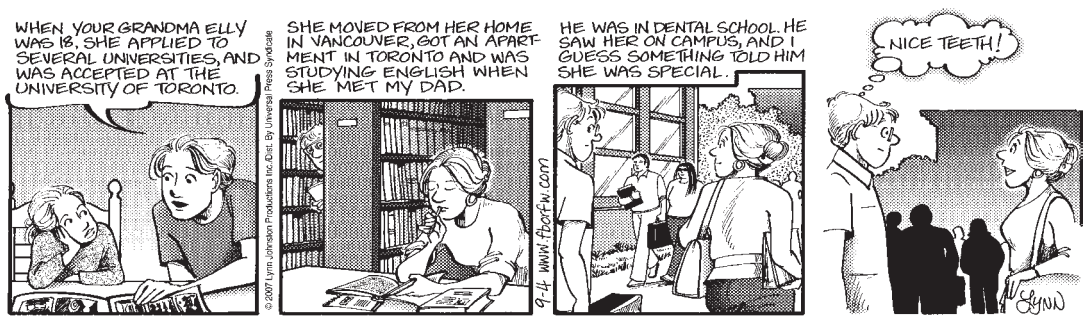
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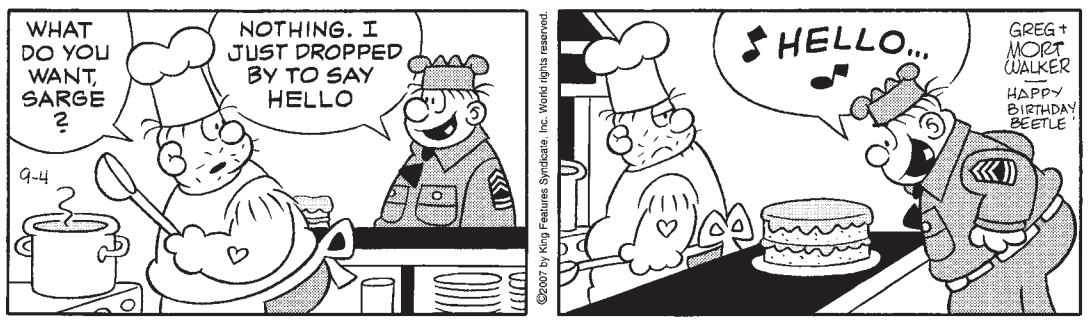
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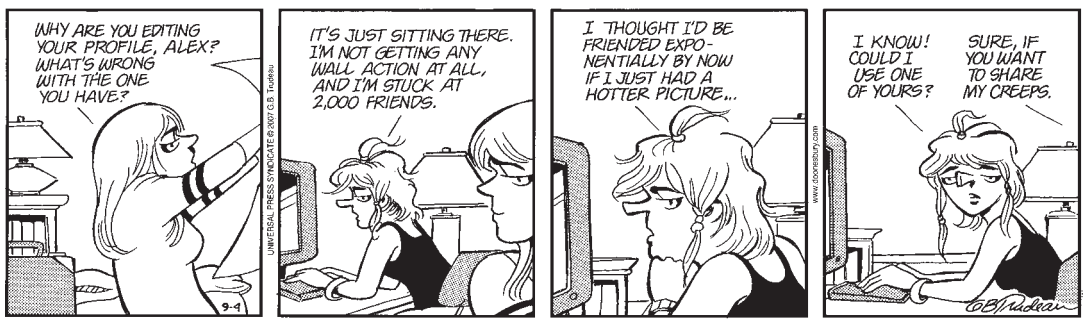
FOR BETTER OR FOR WORSE by Lynn Johnson



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Datebook: Tuesday, Sept. 4, 2007

Today is the 247th day of 2007 and the 76th day of summer.

TODAY'S HISTORY: In 1888, George Eastman patented his roll-film camera and registered the Kodak trademark.

In 1917, the U.S. expeditionary force suffered its first World War I fatalities in France.

In 1957, Ford Motor Co. launched the Edsel line, which would fail within three years.

TODAY'S BIRTHDAYS: Richard Wright (1908-1960), novelist/short-story writer; Paul Harvey (1918-), radio broadcaster, is 89; Tom Watson (1949-), professional golfer, is 58; Damon Wayans (1960-), actor/comedian, is 47; Mike Piazza (1968-), baseball player, is 39; Beyonce Knowles (1981-), singer/actress, is 26.

TODAY'S SPORTS: In 1972, U.S. swimmer Mark Spitz won his record-breaking seventh gold medal at the Munich Olympics.

TODAY'S QUOTE: "Like what you do. If you don't like it, do something else." -- Paul Harvey

TODAY'S FACT: George Eastman was described as "not especially gifted" in school, and he was forced to drop out at age 14, owing to his family's financial troubles.

TODAY'S MOON: Between last quarter (Sept. 3) and new moon (Sept. 11).



ASTROGRAPH

By Bernice Bede Osol

Your Birthday

Wednesday, Sept. 5, 2007

Elevate your sights a bit higher than usual, especially when it comes to your material goals, and you'll be surprised by the good results. Working a bit harder won't seem to be harsh or difficult when the returns start to roll in.

VIRGO (Aug. 23-Sept. 22) -- Friends will sense that your concern for them is genuine and will show their appreciation in as many ways as they can. Sincerity in dealing with others is the key to your harmonious day.

LIBRA (Sept. 23-Oct. 23) -- Something you couldn't achieve yesterday looks like it can be attained with a second effort. However, even though it is not your nature, it may take tenaciousness to do so.

SCORPIO (Oct. 24-Nov. 22) -- Recently acquired information or knowledge can be as much of a benefit to a close friend as it is to you. When you relay it to him or her, however, don't behave like a know-it-all.

SAGITTARIUS (Nov. 23-Dec. 21) -- Follow your hunches as well as your common sense when conducting business. Your instincts could actually be a bit sharper than your logic, so follow them when you can.

CAPRICORN (Dec. 22-Jan. 19) -- Should you become involved with an acquaintance who always seems to take it upon him/herself to make decisions for everybody, don't lose your patience over it. Just do what you want.

AQUARIUS (Jan. 20-Feb. 19) -- You're not likely to be able to relax until you take care of duties or responsibilities you know should be attended to immediately. You won't be at peace if you sweep them under the rug.

PISCES (Feb. 20-March 20) -- If there's a sensitive business matter that needs to be discussed with a client or customer, it would prove wise to talk in a convivial environment instead of a cold business setting.

ARIES (March 21-April 19) -- Usually you're an individual who isn't governed too easily by emotion, but your defenses could be a bit down. If you're not careful, you could allow a little frustration to get under your skin.

TAURUS (April 20-May 20) -- You're a smart character who knows how to listen well when you hear something being spoken you'd like to remember. You'll have a constructive use for more than one conversation.

GEMINI (May 21-June 20) -- There could be several constructive steps you could take for enhancing your material security. Don't let them get past you; focus your efforts toward those ends whenever you can.

CANCER (June 21-July 22) -- There is nothing wrong with devoting as much time as you can toward the advancement of your own primary, personal interests, so don't let anybody convince you otherwise.

LEO (July 23-Aug. 22) -- If you keep a low profile, you will have far better chances for achieving a critical objective you've been anxious to complete. Find a way to pursue your goal as unobtrusively as possible.

Know where to look for romance and you'll find it. The Astro-Graph Matchmaker wheel instantly reveals which signs are romantically perfect for you. Mail $2.75 to Matchmaker, c/o this newspaper, P.O. Box 167, Wickliffe, OH 44092-0167.

Fantasy Stills Photography by Kimerie
Yikes!!!
The Holidays are just around the corner ... time to get those family portraits while the sun still shines!!!
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TIME OUT

Editor: Chris McCartney, 468-3524 The Ukiah Daily Journal udj@pacific.net

Puzzlers

ACROSS

1 Units of resistance
5 Heel
8 Like, stupid!
11 Tarry
12 Tint
13 Cow-headed goddess
15 Disregard (2 wds.)
17 Superman, incognito
18 House buzzer
19 Surface
21 UFO movie (hyph.)
24 Monastic title
25 Stitch up
26 Go-ahead
27 Fuzzy
30 Hotcakes acronym
32 "How — — doing?"
33 Canal of song
37 Skier's need
38 Metal in bronze
39 Dark blue
40 Get even for
43 Before marriage
44 San Francisco hill
47 Joule fraction
48 Type of cheese
50 Misprints
52 Mineral spring
53 Wading bird
54 Cape Canaveral events
59 Wrinkle
60 Caustic substance
61 Metric pound
62 Asian export
63 To date
64 Bellow

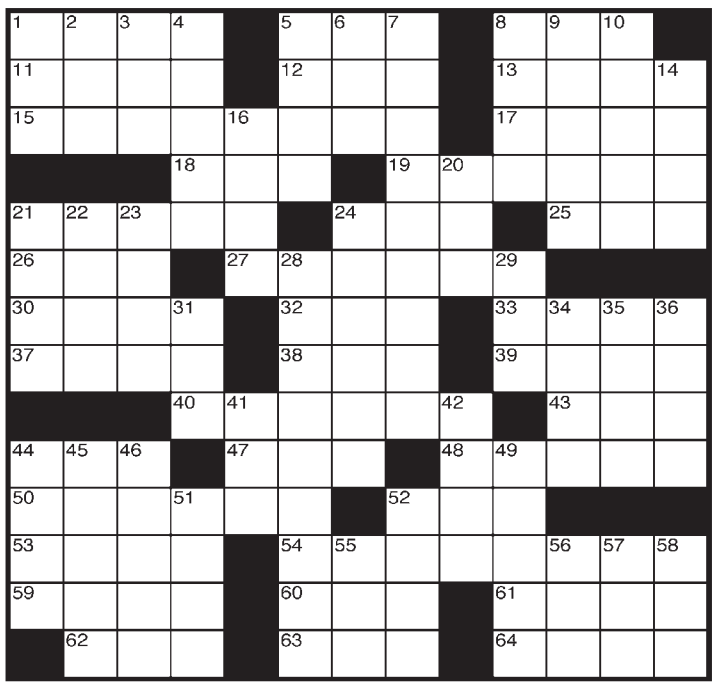
DOWN

1 Startled cries
2 Derisive snort
3 First space lab
4 Eat too much
5 Bok —
6 — Wiedersehen
7 Postponing
8 Levee
9 Exploiters
10 Depend on
14 Simmer
16 Insincere
20 Damage superficially
21 Lop off
22 Salmon variety
23 Superstar
24 Hopping mad
28 Sideways
29 Kyoto cash
31 Green veggie
34 Hindu royalty
35 Currier's partner
36 Looks over
41 Fido's doc
42 Sports network
44 Playwright — Simon
45 Shuttle course
46 Pickle juice
49 Zany
51 Between ports
52 Bird-feeder treat
55 Vote in favor
56 Hurry along
57 Building wing
58 Earth's star

Answer to Previous Puzzle

U	R	G	E	■	L	E	O	■	■	S	A	P
R	U	I	N	■	A	C	D	C	■	H	B	O
N	E	R	D	■	P	O	O	H	■	R	Y	E
■	S	L	I	D	E	■	R	O	B	U	S	T
■	■	■	N	I	L	■	■	S	O	B	S	■
C	L	O	G	S	■	U	S	E	D	■	■	■
A	I	R	■	■	O	P	E	N	S	H	O	P
B	L	O	C	K	A	D	E	■	■	A	W	L
■	■	■	Z	E	R	O	■	D	U	L	L	Y
■	W	E	A	R	■	■	V	A	T	■	■	■
C	H	A	R	M	S	■	A	N	T	E	S	■
R	E	S	■	I	T	E	M	■	E	R	O	S
O	R	E	■	T	A	R	P	■	R	I	D	E
W	E	D	■	■	G	A	S	■	S	E	A	T

GET MORE in the new "Just Right Crossword Puzzles" series from Quill Driver. Call 800-605-7176.



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THE LEARNING CHALLENGER

by Robert Barnett

DIRECTIONS:

A. Using each "Chaos Grid" number with its letter one time, arrange the numbers with their letters for the "Order Grid" so each vertical column, horizontal row, and two diagonals each ADD to numbers inside thick lined cells.

B. Some correct numbers with their letters have been put into the "Order Grid" to get you started. Also, above the "Order Grid" is a "Decoded Message" clue.

C. After you have solved the "Order Grid" doing as direction "A" says, put the letters from horizontal rows, from left to right, under "Decoded Message" and make words to form the answer.

CHAOS GRID

-1 E	119 E	97 I	64 O
84 T	132 A	-21 R	106 N
17 W	-12 D	8 N	8 A
43 L	34 N	93 C	77 H

CLUE: JENNER

ORDER GRID

				212
				212
		77 H		212
	34 N		97 I	212
8 N				212
212	212	212	212	212

9/4/2007

DECODED MESSAGE:

ANSWERS IN NEXT EDITION

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Answers to Previous *Learning Challenger*

CHERBOURG AND NICE

15 C	-2 H	-2 E	15 R
1 B	12 O	10 U	3 R
12 G	3 A	1 N	10 D
-2 N	13 I	17 C	-2 E

9/3/2007

Run in papers of Tuesday, Sept. 4, 2007

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

Today's clue: Y equals U

"L B F D L K D R T E T J K H R T V M U A D L U T." — R T L T U D

"X A T S Y L U X H B L B S K H R G B F H R G H R U J H F H L D X H L N V T X K T T L N B B G D L G T E H Z." — U H U T J B

PREVIOUS SOLUTION — "...in labor news, longshoremen walked off the piers today; rescue operations are continuing." — George Carlin

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JUMBLE®

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

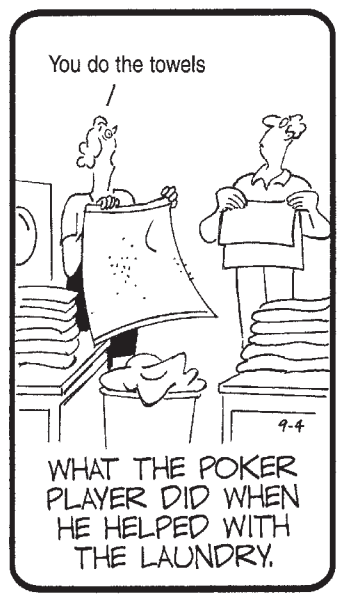
DUJEG

YOHBB

DEAGAN

FRYLUR

www.jumble.com



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Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answer here: ○○ " ○○○○○○ "

(Answers tomorrow)

Yesterday's Jumbles: MANGY PUPPY PAYING JINGLE
Answer: When he lost the case, the handsome lawyer was — "APPEALING"

Land gift has left family feeling disinherited

ANNIE'S MAILBOX

By Kathy Mitchell and Marcy Sugar

Dear Annie: My parents, who are in their 80s, decided to sell my nephew a piece of property for much less than its value. They chose to bypass their children and other grandchildren. The "chosen grandchild" then harvested resources from the property so it ended up costing him next to nothing. It was a huge gift.

When we asked my parents about the fairness of this, we were told that the daughters didn't count because they didn't carry the family name, although this didn't explain skipping over my brother and his other sons. My parents could have sold the property on the open market and given all their grandchildren a gift, while still having enough money to help them in their later years. Now we have to listen to them crying about the high cost of medicine and health care.

It has been over a year, and I am still struggling with this. I realize the property was theirs to do with as they pleased, but how could they not realize how much this would hurt the rest of us? They really don't think they did anything wrong. Did they? How can I get past this? -- Ignored

Dear Ignored: Parents often don't understand that children equate such gifts with how much they are valued within the family. Those who are overlooked feel unloved, and ignoring the female members makes them feel like second- class children. This is hurtful and thoughtless, not to mention sexist and biased. You can do nothing about this gift now, but you can explain to your parents how it makes you feel when they so blatantly favor one grandchild. They do not owe anyone an inheritance, however, so try to forgive them.

Dear Annie: My boss has a constant habit of chewing gum with her mouth open. She also pops the gum with every chomp. When I'm around her, I can't seem to focus on anything else.

I can't really avoid her, especially since I'm relatively new and need her guidance. She's a great person to work for, but I just can't get past the gum popping. It's like nails on a chalkboard and makes me sick to my stomach.

Other than this, the job is great. I don't know how to say anything without offending her. Can you help? -- Close Your Mouth, Please

Dear Close: Your boss may be using gum to give up another bad habit, such as smoking. You can say, "Carol, I'm sure you don't realize how loud the gum-popping is." Otherwise, you're just going to have to put up with it. If it's not against company policy, try headphones or a desk fan to dampen the sound.

Dear Annie: You left out a piece of information in your response about Habitat for Humanity donations. Habitat is a "hand up, not a hand out" organization. These homeowners pay for their homes.

Habitat builds the houses for the lowest cost by using donated building supplies and donated labor. The homes are sold to partner families through a selection process, and these families must complete sweat-equity hours. Our affiliate requires 400 hours to be spent building their own home, working on other Habitat projects and on someone else's Habitat home. They must be able to repay a no-interest mortgage, generally set between 20 and 25 years. They must be willing to partner, meaning keeping track of hours, credit counseling, home maintenance classes, etc.

There are projects available for all ages to get involved with Habitat for Humanity. Readers can find their local affiliate in the phone book or on habitat.org. God bless you for mentioning this wonderful organization. -- Renee Durham, Board President, Autauga County Habitat for Humanity, Prattville, Ala.

Dear Renee Durham: Thanks for the additional information. Sometimes we don't have the space to say everything we'd like, so we are delighted you've given us the opportunity to clarify the work Habitat does.

TUESDAY EVENING

9/4/07	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
BROADCAST CHANNELS											
2	News	Friends	Friends	Seinfeld	Bones (PA)		House "Fetal Position"		Ten O'clock News (N)		Seinfeld
4	News (N)		Extra (N)	Hollywood	Singing	Singing	The Biggest Loser (N)		Law & Order: SVU		News (N)
5	News (N)		Health	Judge J.	Power of 10 (N)		Big Brother 8 (N)		NCIS		News (N)
6	News (N)		Jeopardy!	Fortune	Laughs	Laughs	i-Caught (N)		Primetime: Crime (N)		News (N)
6	News-Lehrer		Calif. Gold	Europe	Nova "Dimming Sun"		Nova (DVS)		Auschwitz: Inside the Nazi State		
8	Paparazzi		Alma Gemela		Película se Anunciará				Alma Gemela		Night Show
9	News-Lehrer		Business	Quest	Nova (DVS)		Wide Angle (N)		P.O.V. "Made in L.A."		
20	Fresh Pr.	My Wife	My Wife	Jim	Perry Mason		News		Jim	Married...	Comics Un.
36	Still Stnd	Still Stnd	MLB Baseball Oakland Athletics at Los Angeles Angels of Anaheim.						Frasier	Frasier	King of Hill
40	King of Hill	Malcolm	Raymond	Raymond	Bones (PA)		House "Fetal Position"		News (N)		Will-Grace
44	King	King	Simpsons	Simpsons	Gilmore Girls		Beauty and the Geek		Simpsons	South Park	Will-Grace
50	The Insider	Entertain	Becker	Still Stnd	Raymond	Raymond	Frasier	Frasier	Still Stnd	Becker	Blind Date
CABLE CHANNELS											
A&E	Cold Case Files		CSI: Miami		Dog	Dog	Dog	Dog	Angel	Angel	Angel
AMC	(5:00) **Movie: ★★½ "Wyatt Earp"** (1994) Kevin Costner, Dennis Quaid.						**Movie: ★★ "Death Hunt"** (1981)				**"Guns"**
COM	(5:00) **"Good Advice"**		Scrubs	Scrubs	Daily Show	Colbert	Mencia	South Park	Lewis Black		Daily Show
DISC	Cash Cab	Cash Cab	Lobster Wars		Dirty Jobs		Dirty Jobs "Bell Maker"		How-Made	How-Made	Dirty Jobs
DISN	Life Derek	Life Derek	Montana	Suite Life	**Movie: "Cow Belles"** (2006) Alyson Michalka.				So Raven	Life Derek	Suite Life
ESPN	Series of Poker		The Contender (N)		SportsCenter (Live)		Baseball	NFL Live	SportsCenter (Live)		SportsCtr.
FAM	Lincoln Heights		Lincoln Heights		Lincoln Heights (N)		Lincoln Heights		Whose?	Whose?	700 Club
FSB	MLB Baseball San Francisco Giants at Colorado Rockies.					Giants	Best-Sports		Final Score	Final Score	Sports
LIFE	Reba	Reba	Still Stnd	Still Stnd	Reba	Reba	**Movie: ★★ "To Love, Honor and Betray"**				Will-Grace
NICK	Zoey 101	School	School	Drake	SpongeBob	Drake	Home Imp.	Home Imp.	Home Imp.	Home Imp.	Home Imp.
SCI FI	Eureka "Sight Unseen"		ECW (Live)		Be a Superhero		Eureka "Sight Unseen"		Twilight Z.	Twilight Z.	The X-Files
TBS	Seinfeld	Seinfeld	Raymond	Raymond	Raymond	Raymond	Bill Engvall	Raymond	Raymond	Raymond	Bill Engvall
TNN	CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: NY
TNT	Law & Order (DVS)		Law & Order (DVS)		Law & Order (DVS)		Law & Order "Flaw"		The Closer		Without
USA	U.S. Open Tennis				Law Order: CI		Monk		Psych		Law CI
WGN	Funniest	Funniest	WGN News at Nine (N)		Sex & City	Scrubs	Scrubs	Becker	Funniest Home Videos		Behrendt
PREMIUM CHANNELS											
HBO	**"Fast and Furious-Drift"**			The Brave	**Movie: ★★★½ "Superman Returns"** (2006) 'PG-13'					Making	Entourage
MAX	**Movie: "The Skeleton Key"** (2005)			(:45) **Movie: ★★★ "Inside Man"** (2006) 'R'					**Movie: ★★★½ "The Departed"**		
SHOW	(:15) **Movie: ★★ "Dangerous Minds"** (1995)				Neil Young: Heart of Gold (iTV)			SHO Me	Weeds	Weeds	Californ

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8-28,9-4,11/07

PROPERTY TAX DEFAULT (DELINQUENT) LIST

I, Shari L. Schapmire, Mendocino County Tax Collector, State of California, certify that:

Notice is hereby given that the real properties listed below were declared to be in tax default at 12:01 a.m. on July 1, 2006, by operation of law. The declaration of default was due to non-payment of the total amount due for the taxes, assessments and other charges levied in 2005-2006 that was a lien on the listed real property. The total that was due on June 30, 2006, is shown opposite the parcel number.

Tax-defaulted real property may be redeemed by payment of all unpaid taxes and assessments, together with the additional penalties and fees, as prescribed by law, or it may be redeemed under an installment plan of redemption. If the taxes remain unpaid after June 30, 2011, the property will be subject to sale at public auction. Property upon which a nuisance abatement lien has been recorded shall be subject to sale if the taxes remain unpaid after June 30, 2009. All information concerning redemption of tax-defaulted property will be furnished, upon request, by Shari L. Schapmire, Mendocino County Tax Collector, 501 Low Gap Road, Room #1060, Ukiah, California 95482 (707) 463-4323 or 463-4321.

This publication shows, in this order, the name of the Assessee, the parcel number with the dollar amount for which the parcel was "tax defaulted".

PARCEL NUMBERING SYSTEM EXPLANATION

The Assessor's Parcel Number (APN), when used to describe property in this list, refers to the assessor's map book, the map page, the block on the map (if applicable), and the individual parcel on the map page or in the block. The assessor's maps and further explanation of the parcel numbering system are available in the assessor's office.

Property tax defaulted on June 30, 2006, for the taxes, assessments and other charges for the fiscal year 2005-2006:

ADAMSEN ALBERT C 1/2
033/190/28/00 $1,793.10
ALARID DAVID WILLIAM
097/202/08/01 $193.66
ALCAZAR MANUEL & MARIA
098/103/06/00 $59.20
ALVAREZ ELSA DAMIAN
162/231/15/00 $1,362.66
ANDERSON DONNA V TTEE
033/240/23/00 $566.74
ANDERSON JAKE
098/015/06/01 $408.80
ANDREWS MARTIN 1/2
034/340/05/00 $821.28
ANO MARTE & MARLYN
100/032/15/05 $43.60
ANTKOWIAK JOHN FREDRICK
100/175/01/01 $271.58
APOSTOLIC ASSEMBLY OF THE FAITH
069/310/05/00 $71.88
ARMSTRONG SAMUEL
014/340/04/00 $34.82
ARREGUIN MIKE M & PATRICIA A
161/290/02/00 $1,098.82
ARTACHO ISABELO S
098/043/07/01 $235.68
AVILA JOSE S & ARTEMIA J
100/081/02/01 $411.12
BAILEY GAIL & DAN E
099/141/10/01 $1,187.62
BAINS BALWANT S & GURMEET K
098/093/06/01 $429.60
BAKER RHETT W
031/010/19/01 $384.78
BALLARD ODIS L TTEE
021/180/24/00 $138.78
BALMAIN GARY V JR 1/2
037/150/01/00 $537.63
037/150/02/00 $64.31
BANK OF NEW YORK TTEE
002/184/03/00 $926.64
BARRETT SHANE & JENNIFER
033/114/02/00 $211.15
BARTOLO REMEDIOS V
096/281/07/01 $357.92
BARTOW CRAIG
103/141/06/00 $2,659.12
BECKLEY TRAVIS
056/200/10/00 $100.46
BEJARANO ARMANDO & SUSAN LINDA
056/420/04/00 $1,624.66
BELL KERRY B
147/322/04/01 $357.24
BELLINO PETE FRANK /
170/220/61/00 $1,183.98
BENNETT JANELLE ELAINE
014/230/42/00 $858.76
BERNAL GABRIEL & MARTA
144/252/05/00 $1,098.86
BERNSTEIN JOSEPH E & ERICA H
053/200/08/00 $1,257.28
BIRKAS ANNA C 1/2 /
026/110/02/00 $344.62
026/110/03/00 $445.04
BISHOP GRANT & BARBARA
047/010/36/00 $657.53
BISSELL SHELDON TTEE 22.92%
047/080/14/01 $5,724.22
BLOM CINDY
008/048/02/00 $2,194.32
BONADUCE BENJAMIN G
013/810/09/00 $1,469.76
BOWMAN CONRAD K & TRUDY L
053/020/12/00 $1,694.14
BOWMAN CONRAD K II & TRUDY LYN
053/020/10/00 $188.90
053/020/16/00 $1,366.74
BOWMAN KENNETH D & DONNA M
012/690/51/00 $62.14
BREEDEN JEAN SOUTHWICK
006/092/05/00 $523.15
BREZINSKI GERALD
099/134/19/00 $86.62
BROCKMAN ANGELA M 1/2
033/250/16/00 $116.44
BROCKWAY PATRICK L
038/450/17/00 $1,049.46
BRUNTON FRANCES M TTEE
097/041/06/01 $220.14
BRUSHY MOUNTAIN HUNTING CLUB
035/270/07/00 $182.64
035/270/12/00 $227.84
035/270/13/00 $57.16
035/280/02/00 $144.54
035/280/03/00 $96.12
BUFARDECI NUNCIO 75%
108/193/26/00 $1,245.96
108/213/01/00 $481.62
BURKHART JEFFREY S
127/060/09/00 $8,414.44
BURNS STEVE R
184/051/02/00 $882.09
CABEZAS ENRIGUE
001/370/03/00 $792.19
CAIN ROBERT D & KATHERINE M
098/272/14/01 $335.78
CANALES MICHAEL R
002/311/36/00 $4,352.42
CAO HUY CAM
097/074/04/01 $135.15
CAPOZZI M BELINDA
002/102/16/00 $1,093.28
CARMICHAEL WILLIAM A TTEE
032/320/25/00 $53.42
CASH DANIEL E & LANAE R
103/240/04/00 $1,176.00
CASH DAVID
181/141/17/00 $1,217.44
CASTANEDA FRANCISCO T
100/081/17/01 $397.96
CAYABYAB ZENAIDA APELIN
098/201/04/01 $320.64
098/212/09/01 $342.96
CHARVET LEONARD W TTEE ESTATE
069/202/26/00 $954.90
CHAVEZ FRANCISCO MENA
096/274/08/01 $148.18
CHILSON JUBAL C 1/2
147/300/24/00 $151.55
147/300/25/00 $431.33
147/312/16/00 $196.80
147/312/17/00 $321.34
CHRISTENSEN GUSSIE TTEE
132/073/05/00 $541.08
CHRISTIANSEN STEPHEN & STEPHAN
053/380/07/00 $2,685.14
053/380/14/00 $91.42
163/020/48/00 $3,333.24
CHRISTIANSEN STEPHEN R & STEPH
012/080/23/00 $424.82
012/080/25/00 $1,049.96
CLARK KATHRYN D
125/250/17/00 $4,324.38
COLLINS RICHARD
011/900/46/00 $245.44
011/900/47/00 $80.79
CONSERVATION FUND THE
026/490/62/00 $48.78
CORDIS MICHAEL
163/082/03/00 $1,079.36
COST JOHN R
069/201/54/00 $1,689.42
CRONK COMPANY
007/060/15/00 $1,777.86
CROWE BETTY JUNE
169/130/03/00 $761.64
CUFF KEVIN
154/040/04/00 $676.90
CULLEN JOHN JOSEPH 1/2
145/210/03/00 $1,238.90
DAILEY GEORGE F /
069/202/28/00 $121.54
DANIEL FINDS THE FEATHER
036/230/30/00 $2,416.38
DAQUIL PAZ B
097/071/08/01 $378.14
DAY JONATHAN B 1/2
046/270/55/00 $5,616.40
DEGUZMAN RODRIGO G & ALMA H
096/182/05/01 $329.68
DELMONTE DANIEL J
056/500/02/00 $2,372.50
056/500/03/00 $307.26
056/500/04/00 $1,213.50
DELVALLE HECTOR A
098/113/11/01 $230.95
DEUTSCHE BANK NATIONAL TRUST C
069/252/08/00 $3,476.02
DIXON KEN 1/2
036/181/08/00 $428.68
036/184/05/00 $428.68
DOCKINS MAGDALENE E 1/2
018/020/19/00 $2,352.74
DODD ALVIN D & EDWINA R
014/060/36/00 $152.43
DONNELLY TIM SEAN
097/122/03/01 $833.76
DOOLEY KENNETH A 60%
038/110/73/00 $3,320.80
DRAGOS V BADEA MIC TRUST THE
156/250/02/00 $256.08
EATON JOHN HAMILTON
027/111/08/00 $2,065.52
ELLIOTT WILLIAM F & CAROLYN C
100/144/11/01 $302.34
EPTON MICHELE
144/260/16/00 $714.32
ESTEBAN EDITHA 1/2
098/153/01/01 $170.84
EVANS BAYSHAUM B
014/400/18/00 $122.22
014/400/29/00 $500.72
EXCHANGE BANK TTEE
166/240/12/00 $9,233.42
166/240/13/00 $803.62
166/240/14/00 $291.06
FANG MINGYU
014/360/13/00 $99.76
FARGEY STAR 1/2
037/050/45/00 $36.10
FAULKNER JAY D
121/061/34/00 $743.15
FAUSTO FRANCISCO
147/253/05/01 $385.79
FEENY TAYLOR
099/042/02/01 $987.06
FELICITY CALLA /
147/062/08/01 $835.32
FETTIG KIETH
013/500/20/01 $218.20
013/520/12/01 $786.06
FILLMAN GAYLE EILEEN
152/210/14/00 $790.72
FINDS THE FEATHER DANIEL TTEE
037/050/59/00 $1,057.88
FINNEGAN BARBARA Z TRUST
037/070/01/00 $150.92
037/070/08/00 $104.74
FIRST BAPTIST CHURCH OF REDWOOD
162/280/13/0C $125.50
FITCH JACKIE
001/400/58/00 $1,386.17
FITES HOWARD
119/530/11/00 $2,548.24
FLORES AUGUSTO C & LIZA MARIA
100/232/04/01 $264.82
FONSEN KELLY D
104/010/12/00 $228.20
FRANKLIN ROBERT M
097/102/05/05 $142.00
FREY PETER C & KAREN K
006/010/19/00 $630.85
FROST BRIAN
014/220/38/00 $138.74
FROST BRIAN R & BRENDA K
014/220/04/00 $506.58
GALLEGOS PETER R
003/074/04/00 $617.90
GALLO MARY & GUIDO TTEES
098/062/14/01 $101.02
GANDEZA ARNOLD & CRISTINA 1/2
100/234/16/01 $426.20
GARCIA MISSY THOMASA A
100/221/08/01 $382.86
GARCIA TOM
011/430/23/00 $520.92
GASS CORYELL ESTATE OF
018/300/08/00 $585.93
GILPATRICK ARLO EUGENE TTEE
098/302/04/01 $259.06
GNATOWSKI TAD & HADLEY
006/076/04/00 $1,264.63
GODWIN JIM A & DOLORES A
036/090/01/00 $304.70
GOLDENGHOST SYRACUSE
105/280/12/00 $3,490.24
GOOD DAVID C
056/340/02/05 $1,110.52
056/340/08/00 $310.82
GORMAN TERRY N
001/291/10/00 $2,088.24
GREGERSON DAVID & CAROLYN C
100/061/04/01 $439.74
GRQ ENTERPRISES
002/193/14/00 $335.14
002/193/15/00 $430.47
GUINTO REYNALDO M & AGNES B
100/182/10/01 $309.34
GUNDERSON HOWARD C
006/141/23/00 $3,111.27
GUTHRIE JAMES DONALD JR & NANC
069/220/21/00 $629.78
069/220/22/00 $591.24
GUZMAN CARLOS R
175/300/16/00 $797.68
HACKER THOMAS R
033/171/02/00 $795.99
033/172/40/00 $138.74
033/172/41/00 $145.52
HALEY STACY
147/311/14/01 $196.80
HALL CURTIS & NOELLE
056/070/03/00 $1,555.71
HALL E F & ELLEN
126/140/13/00 $672.98
HAMADA NATHAN M
100/156/14/05 $1,299.64
HAMILTON HAROLD LEWIS
097/273/08/01 $259.06
HARRIS MILDRED M
145/182/02/00 $2,374.48
HARRIS WAYNE GORDON & JAN ELIZ
145/051/08/00 $1,276.93
HAYDEN JO ANN M TTEE
048/390/08/00 $1,781.46
048/390/20/00 $809.35
HEALEY JAMES E
008/044/10/00 $1,851.18
HEIMBERG WILLIAM TTEE
001/302/21/00 $257.78
HENDERSON CHARLES E
143/090/36/00 $4,755.24
143/090/38/00 $721.66
HERLYCK ROY G 1/3
051/050/06/00 $178.18
HERZOG GEMINI O 1/2
053/020/15/00 $1,915.14
HESS MARK STEPHEN
125/270/53/00 $1,573.44
125/270/54/00 $123.76
HILL ALVIN L & DARLEEN L 1/2
033/171/13/00 $153.56
HOLLINGSWORTH DENNIS H TTEE
019/370/20/00 $5,474.28
HONTOU ERNEST JOEL & KATHY JAN
019/333/07/00 $195.82
HOOPER FRANK W 3/4
188/150/01/00 $62.96
HOOVER KIM DEETZ 1/3
002/122/09/00 $1,567.56
HOWARD HUGH JAMES & CHERYL LYN
037/340/30/00 $345.11
108/192/16/00 $439.62
HSBC BANK USA TTEE
001/460/33/00 $5,276.64
HUBER MATHEW V JR
008/154/05/00 $2,139.18
HUBER TIMOTHY
119/237/07/00 $7,959.15
HUGHES JEFF GABRIEL
013/580/56/00 $89.50
HUISH JAMES LELAND 1/2
056/190/07/00 $1,142.92
HUNTER ARTHUR C & SUSAN M
108/010/01/00 $98.40
HUNTER PAMELA J
118/050/31/00 $3,604.26
HUYNH HAU 1/2
100/174/16/01 $227.91
JACINTO VINCENTE F & MADELALUZ
006/061/24/00 $394.73
JAYNES JESSE & JOYCE
097/151/08/00 $1,433.68
JEANE KATIE
037/650/02/00 $1,431.88
JENKINS JACOB
147/254/07/01 $76.15
147/254/08/01 $82.07
JENSEN DOUG & NANCY
001/111/25/00 $677.50
JIMENEZ JAVIER 1/2
003/581/28/00 $509.10
JOHNSON MELISSA
001/391/08/00 $4,646.48
JOHNSON REX R & RUTH BACCI
038/240/04/00 $251.36
JORDAN HOWARD & MADELEINE
027/443/28/05 $423.79
JUAN ROBERT PATRICK
052/010/05/00 $39.72
JUSTUS DARLENE 1/2
103/142/01/00 $482.65
KENDL ERICK S & JENNIE L
098/203/01/05 $69.90
098/203/02/05 $38.98
KESENHEIMER ERICA L
026/390/34/00 $51.58
026/390/58/00 $250.41
026/390/84/00 $93.16
026/390/85/00 $93.16
KING RAY D & RHONDA JO
161/020/09/00 $1,045.85
KIRKWOOD GREGORY LYNX
100/352/06/01 $134.42
KIRTLAN ROBERT R & HAZEL A
017/430/33/00 $611.76
121/200/04/00 $766.76
KLIPPEL BARRY ALLEN
053/412/14/00 $258.52
KNOLL MICHEAL & LOIS
099/120/06/05 $33.44
KOOMLER MARIE
100/183/07/01 $191.69
KREL ALLA A 1/2
098/103/07/00 $58.94
KUENZL HARDY 1/2
013/570/27/01 $749.36
KVASNICKA VICKI L
006/077/42/00 $1,918.64
LACEY JOSEPH C & CAROL J
147/070/04/00 $830.90
LANGLEY EDITH L
002/102/63/00 $782.94
LARSON ERIK 1/2
014/100/58/00 $411.20
LARSON ERIK 1/4
014/020/51/00 $219.34
014/040/16/00 $219.58
014/040/21/00 $112.78
014/040/24/00 $1,329.04
014/040/25/00 $126.23
014/040/26/00 $331.74
014/040/27/00 $288.32
LARSON SHEILA TTEE
014/200/46/00 $849.54
LAWRENCE LARRY L & TONJA R
144/040/13/00 $3,715.59
LEACH ELLEN
012/540/22/00 $1,410.90
LECH VICTOR 1/2
098/233/05/01 $1,079.32
LEFFLER DIONNA MICHELLE ADMINI
031/040/32/00 $785.66
LEONARD RANDY
003/022/04/00 $4,867.12
LEPLEY ROSALYN TTEE
014/140/35/00 $68.42
LEWIS SCOTT & DANA
097/315/13/01 $378.62
098/013/15/01 $373.98
LEWIS SCOTT W & DANA
005/216/23/00 $1,600.43
LHOIR ALWYN 1/4
013/570/20/00 $1,194.54
LI JULIA SHANE
143/032/07/00 $143.40
143/110/21/00 $427.20
LIGHTY MARK W & TERESA
017/172/26/00 $1,485.38
LIGHTY MARK W & TERESA N
008/244/31/00 $1,264.23
019/690/05/00 $917.23
LILLICOTCH JOHN
012/710/39/00 $1,137.66
LINCO LLC
119/214/22/00 $320.23
LINDBERG JEANE CAROLE
123/390/13/00 $987.64
LIU YUNG MING
098/292/07/01 $220.14
LIU YUNG MING & LEE LI CHUN
097/325/01/01 $342.96
LOLONIS VINEYARDS INC
163/082/09/00 $3,892.78
163/090/07/00 $910.58
163/090/08/00 $401.28
163/100/03/00 $2,966.86
163/110/01/00 $1,810.70
163/150/02/00 $2,161.45
163/160/01/00 $1,100.54
LOMBARDI EVAN 1/2
013/860/06/05 $3,874.34
LOPEZ CRISTOBAL & CARMEN
181/121/06/00 $1,046.51
LOPRESTI JASON M
147/321/07/01 $810.00
LUZZI RONALD & CYNTHIA
019/600/33/00 $1,167.40
LYSSAND ROLF & PAM
048/170/28/00 $1,917.92
MACAHILAS ROBERT A
019/560/41/00 $2,144.66
MACK BARBARA
006/132/28/00 $4,227.58
006/132/29/00 $3,012.94
MADINA ROSA
033/172/45/00 $1,214.64
MAJESKY KEITH 48%
019/380/02/00 $895.40
MAJUK LEONARD K 1/4
056/050/09/00 $391.30
MALCOLM JOHN G & RUTH N
012/540/45/00 $58.78
MALONZO DIOSDADO D & EMRALINA
100/232/02/01 $397.96
MANGAHAS RABEL KELLEY
096/283/16/01 $275.92
MANNEY PHYLLIS
097/274/11/00 $218.68
MARIANO JANET
014/200/45/00 $544.47
MARLATT ROBERT 1/2
032/500/26/00 $37.12
MAROUG SAID M
097/160/06/01 $333.94
MASSON GARY J & JEAN T
177/240/03/00 $152.34
177/250/08/00 $694.34
177/250/12/00 $1,204.84
188/130/03/00 $771.00
188/220/21/00 $704.90
MATTHEWS WILLIAM C
051/130/05/00 $355.18
051/130/13/00 $42.82
MATTHIAS GEORGE L & SHEILA
033/240/06/00 $184.86
MAY BARBARA
141/100/14/00 $2,852.54
MCCRAY GARY
019/480/02/00 $678.89
MCDADE ARTHUR & MARTI
013/830/01/05 $1,357.40
MCDONALD JEREMY & NICOLE
160/200/15/00 $2,540.66
MCDONALD JEREMY D & NICOLE S
169/130/30/00 $3,487.10
MCDONELL JOHN C & LINDA C
069/291/29/00 $1,574.48
MCKEE MILDRED E TTEE
097/220/05/01 $308.62
MEHTLAN ROSS L & MICHELE L
018/052/18/00 $830.46
MENDOCINO BEVERAGES INTERNATIO
021/120/85/00 $4,150.18
MENDOCINO RAILWAY
019/030/20/00 $34.14
MENDOZA FRANCISCO 1/2
048/350/13/00 $4,753.10
MILLER BURKE
162/100/62/00 $5,782.94
MILLER KATHLEEN TTEE
100/063/16/01 $724.72
MILLER RACHEL 1/2
118/560/02/00 $295.46
MILLER ROBERT M
118/080/02/00 $4,761.20
118/080/04/00 $1,194.14
118/080/15/00 $3,024.44
118/080/16/00 $2,483.14
MINIKEL GENE JR & DORA
038/214/06/00 $2,904.32
MINO VIRGINIA 1/2
096/341/10/01 $181.88
MITCHELL LEROY & PATRICIA A
001/202/10/00 $421.06
MIZE STEPHEN T & KRISTIN L
165/090/36/00 $278.25
MOLLETT CHARLES E III & SHEILA
098/234/09/05 $143.98
MOORE DANIEL 1/2
037/580/06/00 $362.32
MOORES WILLIAM M & TONA E
132/100/19/00 $1,583.58
MORRIS MARVIN P & WYNONA D TTE
098/021/03/01 $604.77
MORRISON MICHAEL & DAVETTE
006/077/44/00 $768.23
MUSGRAVE DENNIS L & TRINA ANN
179/080/47/00 $319.82
N R L L INC
098/203/03/05 $78.30
NELSON JON
098/212/12/01 $1,733.92
NEUSTEL JAMES F & KIMBERLY A
001/460/30/00 $1,304.08
NEVES MARGIE D
098/342/12/01 $371.30
NEVIN THOMAS S
098/124/07/01 $973.68
NEWPORT KATE
011/480/18/00 $552.80
NGUYEN HOA 1/2
098/174/05/00 $102.24
NICHOLS ROBERT J & PATRICE K K
118/200/16/00 $3,075.42
NOEL RUTH
129/030/04/00 $1,265.66
NORGARD LEANNA L
168/280/08/00 $1,942.44
OLEARY DAVID
103/190/13/00 $1,099.60
OLEARY DAVID J
032/224/06/00 $162.29
032/224/10/00 $162.29
032/224/21/00 $172.09
032/225/08/00 $162.29
032/225/22/00 $96.06
103/050/12/00 $105.38
103/050/15/00 $1,229.03
103/060/01/00 $673.32
ORENSTEIN CRAIG & RENEE RUSSEL
011/580/24/00 $805.66
OWENS BILLY DUFF & WANDA LORAI
029/420/37/00 $3,045.78
PANGILINAN EMILIANO T & CORAZO
099/052/04/01 $227.03
PATTON JON ORVILLE & LORAINE F
037/310/74/00 $1,290.94
PAUL ROCHELLE M
037/100/09/00 $471.30
PELLEGRI BARRY R 1/2
038/040/07/01 $3,075.52
PERELSTEIN MATHEW & PAULA
017/230/07/00 $1,294.80
017/350/34/00 $874.17
PHILLIPS DAVID E
014/290/33/00 $450.72
PHILLIPS MRS MAXINE
006/045/16/00 $566.28
PIETERS MICHAEL DAELE
098/065/14/01 $248.48
PINOLI WAYNE
003/540/47/00 $4,235.64
PLOWRIGHT THOMAS R & PATRICIA
026/234/05/00 $303.80
POLLARD DONALD R TTEE 1/2 /
017/280/19/00 $13,505.08
POLLOCK PATRICIA
098/211/06/01 $4,677.40
POLSON MARY M 1/2
014/100/83/00 $492.56
RABINOWITZ JASON /
132/162/03/00 $430.52
132/162/04/00 $1,977.16
RAY JOHN N
100/072/02/01 $466.30
REDWOOD LEGAL ASSISTANCE
002/182/13/00 $1,969.76
REID JAMES M
035/130/12/00 $93.10
REIFERS NATHANIEL LEWIS
056/220/05/00 $3,504.77
REILLY IAIN C
153/280/07/00 $697.72
153/300/02/00 $971.74
153/300/03/00 $971.74
REITER FRANCES TTEE
098/101/15/05 $67.12
REPOVSCH ALBERT W JR
014/100/39/00 $2,458.48
REYNOLDS KATHY
014/250/39/00 $3,596.57
RHODES JUDITH N ESTATE OF
175/300/18/00 $663.62
RIDENOUR JOHN
006/110/22/00 $984.30
RIGGS MARK & KITTY
184/052/04/00 $2,209.56
RIVERA GENNETH N 1/3
097/312/15/01 $475.46
ROACH GARY
020/200/74/00 $1,852.02
ROBELLO LOUISE K TTEE
017/370/11/00 $188.28
ROBERTS SHANE B & RONEISHA
001/353/08/00 $926.45
RODRIGUEZ GERMAN
100/062/11/01 $267.52
ROLAND PHILIP E 1/2
097/184/10/01 $1,644.28
ROMAN JAIME ANTONIO
095/280/01/01 $228.52
ROSE DEMIAN & MARY AMBER
170/081/02/00 $6,983.27
ROSS CHARLES
168/230/24/00 $148.78
RUGH DIANE LAURA
019/130/51/00 $1,835.20
RYAN DAVID C & DIANE
178/150/04/00 $1,105.72
178/150/66/00 $3,775.68
178/150/67/00 $350.58
SALAMANCHUK GEORGE A JR
100/175/03/01 $184.92
SALAZAR TERI
145/093/22/00 $5,658.46
SANCHEZ FROILAN G & ELISA A
181/131/08/00 $630.34
SANCTUARY FOREST INC
051/160/01/00 $34.16
051/270/03/00 $231.92
SANCTUARY INVESTMENTS INC
123/060/17/00 $100.82
SANDI DOMINADOR R & ULDARICA P
099/053/11/01 $415.14
SARKELA STEVE & LISA
001/490/67/00 $4,082.50
SAYERS PAUL 1/3
051/180/09/00 $57.46
051/180/10/00 $68.00
SCHRAGE ALLEN
108/132/06/00 $1,511.16
SCOTT JULIE D
001/353/06/00 $411.46
SELLMER WALTER J & CAROL A
161/290/11/00 $692.63
SENOT MELBURGA V
098/272/08/01 $478.00
SESANTE MAXIMA M
096/284/15/01 $275.98
SGHAYER RASHAD O
099/083/02/01 $245.72
SHAPERA MAURICE M 1/2
032/224/08/00 $249.20
056/500/15/00 $627.10
SHARP HEIDI DENISE
020/440/56/00 $1,710.98
SHEPHERD LEE C & JULIANNA C
179/180/19/00 $707.26
SHERGILL SUKHJINDER S & BHUPIN
005/149/03/00 $2,372.58
005/149/09/00 $470.82
SILVA ALFREDO
032/300/39/00 $1,293.70
SIMILA DANIEL J
143/031/04/00 $1,031.47
SIMS GERALD C
106/080/08/00 $588.53
SINGH SURJIT & ANITA RANI
098/114/05/01 $634.84
098/114/06/01 $634.84
SMALL LESTER & APRIL
184/062/11/00 $890.60
SMITH BRUCE J
033/240/57/00 $260.26
SMITH SAMUEL F
097/296/04/01 $289.50
SNODGRASS DYLAN RONDAL
051/071/53/00 $198.76
SNYDER WILLIAM K & TAMMY J
056/200/11/00 $412.03
SOHL MARIE
012/611/22/00 $37.08
SOSS LESTER L
035/180/18/00 $1,296.74
SOUTHERS BRIAN JOHN & DORIS LY

019/402/08/00 $1,814.70
SPENCE LAURIE E MARKOWITZ TTEE
001/440/05/00 $2,915.43
STANTON MARK
013/570/33/01 $2,292.74
STEVENSWOOD HOSPITALITY GROUP
121/010/13/00 $15,796.56
121/010/14/00 $4,824.36
121/010/15/00 $4,824.36
STRAUSS CLARA D
098/352/02/01 $266.80
STUCKEY CINDY & LEO
017/310/08/00 $2,585.94
SULLIVAN HARLEY E & PATRICIA M
100/156/16/01 $219.96
SUPPLE JOSEPH & ROBIN
098/223/04/05 $32.98
SUPPLE JOSEPH 1/3
098/223/05/05 $34.50
SVEDBERG MYRLE D TTEE UND 1/2
095/202/05/01 $178.98
SWAN MELVIN DEE & DEBRA LYNN
161/120/12/00 $1,279.57
SWEENEY ARLENE G TTEE
098/343/03/01 $245.68
TAKIER JERRY TTEE
096/181/01/01 $144.51
TAMAYO JON T
095/050/08/01 $364.66
TAYLOR JOHN T
019/130/15/00 $284.30
TAYLOR THOMAS J & FAY M
098/143/10/01 $107.83
TAYLOR THOMAS J & FAY M TTEES
098/143/11/01 $101.93
THOMAS JEFF C & SHANA J
037/070/09/00 $1,065.84
THOMAS KEITH E 1/3
149/060/13/00 $131.56
THOMPSON WILLIAM J 1/2
020/450/24/00 $457.34
TODD CLARK
017/160/43/00 $818.84
TODD SARAH B
003/072/07/00 $3,544.78
TOLLOW MATTHEW & JANI CREEL-
170/131/30/00 $2,655.60
TREPTE LEE
069/060/26/00 $6,295.16
TROTTIER ROBERT
167/300/11/00 $372.30
TROUETTE PAUL & VICKIE
099/044/11/01 $1,919.96
TUBBS WILSON L III & MARTELEA
008/302/33/00 $2,139.00
TWELLS GORDON T & RAE L
178/150/19/00 $3,407.72
UNITED STATES OF AMERICA
013/500/08/00 $36.40
013/510/02/00 $36.40
URIBE TAWA
056/150/05/00 $2,182.04
VALDEZ CHRISTOPHER M & JENNIFE
096/173/07/01 $183.96
VALERIO EFREN & MINERVA
097/261/12/01 $209.63
VANDERZWAAN ROLF F
026/390/24/00 $51.58
026/390/25/00 $400.30
026/390/33/00 $93.16
VANHOUSEN JAMES & JANET
032/570/03/00 $416.06
VANNUCCI PHILIP M & STACEY R T
179/240/31/00 $2,169.28
VARELA MAURICIO ANTONIO
099/133/14/01 $379.92
VARGAS ROBERT I & ROBIN L
096/253/15/01 $165.32
VATMAN GREGORY A /
098/322/05/01 $425.02
VILLALPANDO JOSE SANCHEZ /
020/490/11/00 $1,325.44
WALKER LARRY S & JAN E
049/280/20/00 $529.62
WALTON JONATHAN D
037/550/02/00 $2,478.70
WATKINS CHRISTOPHER L & MONICA
036/200/91/00 $759.50
WATSON CHARLES F
053/110/16/00 $703.36
WATTS DEBORAH
006/120/15/00 $299.52
WERTHEIMER THOMAS JOSEPH 1/2
107/054/14/00 $492.77
WHITMAN SUZANNE
001/381/10/00 $1,354.76
WILBURN JONI G & RODNEY LEE 2/
033/240/38/00 $396.16
WILLCUTT ANTHONY 1/2
100/236/06/01 $326.18
WILLIAMS THOMAS F & DELVINIA L
108/080/13/00 $95.87
108/120/01/00 $538.24
WINNIE JEFFERY & PATRICIA
147/311/12/01 $32.32
WINNIE JEFFERY A & PATRICIA M
147/311/13/01 $328.40
WM SPECIALTY MORTGAGE LLC TTEE
003/390/31/00 $3,123.16
WOOLSEY JAMES & NELLY
096/154/01/01 $220.14
WUERFEL MARK D
056/160/04/00 $784.12
WUERFEL MARK D & DANA
056/130/18/00 $264.44
WUERFEL MARK D & DANA G
056/160/03/00 $188.04
056/160/08/00 $749.26
YAMBERT ROBERT A
033/150/04/00 $215.70
033/150/16/00 $964.69
YOUNG TOBIAS CAMPBELL 15%
162/011/03/00 $247.08
162/013/08/00 $585.66
2TNT LLC
132/300/32/00 $993.72

I certify (or declare), under penalty of perjury, that the foregoing is true and correct.
/s/ Shari L. Schapmire
Mendocino County Tax Collector
Executed at Ukiah, Mendocino County on August 28, 2007.

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633-07

8-21,28,9-4/07

Trustee Sale No. 07-538 Loan No. 0086555869 Title Order No. 1400822 APN 107-210-09 TRA No. NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/14/2005, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 9/11/2007 at 10:00AM, Marin Conveyancing Corporation, a California Corporation as the duly appointed trustee under and pursuant to Deed of Trust Recorded on 04/25/2005 as Instrument No. 2005-08740 of Official Records in the Office of the Recorder of Mendocino County, California, executed by: Eric W. Liddell, a single man, as Trustor, "mers" Mortgage Electronic Registration Systems, INC. (MIN# 100013800865558692), acting solely as a nominee for Greenpoint Mortgage Funding, INC, as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). at: At the main entrance to the Mendocino County Courthouse, 100 North State Street, Ukiah CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: As more fully described in said Deed of Trust The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 14003 Tomki Road, Redwood Valley, CA 95470. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: $497,761.98 (Estimated) Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused and Notice of Default and Election to Sell to be recorded in the County where the real property is located and more than three months have elapsed since such recordation. "CHECKS NOT PAYABLE TO MARIN CONVEYANCING CORPORATION MUST BE EXCHANGED WITH THE AUCTIONEER WITHIN ONE BUSINESS DAY." Dated: 8/13/2007 Marin Conveyancing Corp ATTN: Trustee Dept 981 Airway Court, Suite-E Santa Rosa, CA 95403 (800) 930-7455 / (707) 521-2087 Automated Sale Number (714) 573-1965 www.prioritypostng.com Roberta Thomas, Authorized Agent Marin Conveyancing Corporation, is a Debt Collector attempting to collect a debt. Any information obtained will be used for that purpose. P312033 8/21, 8/28, 09/04/2007.

678-07

9-4,6,11/07

NOTICE OF PETITION TO ADMINISTER ESTATE
CASE NO.: SCUK CVPB '07-25081

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: **Stephen Lawrence Ginsburg**

A PETITION FOR PROBATE has been filed by: **Mary Jo Winter** in the Superior Court of California, County of Mendocino.

THE PETITION FOR PROBATE requests that: **Mary Jo Winter** be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the *Independent Administration of Estates Act.* (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action). The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on **Friday Sept. 21, 2007** at **9:30 a.m.** in **Dept.: E,** located at: **Mendocino County Courthouse, 100 N. State Street, Ukiah, CA 95482**

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court *before* the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a *Request for Special Notice* (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A *Request for Special Notice* form is available from the court clerk.

ATTORNEY FOR PETITIONER:
James F. DeMartini
115 West First Street
Cloverdale, CA 95425
707-894-5000
/s/Tina S. Graska
TINA S. GRASKA

659-07

8-28,9-4,11/07

Notice to Creditors
SUPERIOR COURT OF CALIFORNIA, COUNTY OF MENDOCINO
In re the
Case No. SCUK CVPB 07-25079
KATHERINE J. SPIVEY
October 31, 2006
NOTICE TO CREDITORS
as restated in the entirety on
August 14, 2007 by **Mark L. Gladden**
[Probate Code Section 19050]
Decedent.

Notice is hereby given to the creditors and contingent creditors of the above-named decedent that all persons having claims against the decedent are required to file them with the Superior Court, at 100 North State Street, room 108, Ukiah, California 95482, and mail or deliver a copy to **DANIEL DAWSON**, as Trustee of the **THE KATERINE J. SPIVEY LIVING TRUST** dated **October 31, 2006**, wherin the decedent was a Trustor, at **PASSALACQUA, MAZZONI, GLADDED, LOPEZ & MARAVIGLIA, LLP, 1201 Vine Street, Suite 200, P.O. Box 455, Healdsburg, California 95448-0455,** within the later of four (4) months after the date of first publication of notice to creditors or, if notice is mailed or personally delivered to you, thirty (30) days after the date this notice is mailed or personally delivered to you, or you must petition to file a late claim as provided in Section 19103 of the Probate Code. A claim form may be obtained from the court clerk. For your protection, you are encouraged to file your claim by certified mail, with return receipt requested.
Dated: **AUGUST 13, 2007** PASSALACQUA, MAZZONI, GLADDED, LOPEZ & MARAVIGLIA, LLP
MARK GLADDEN, Attorney for **DANIEL DAWSON** Trustee
/s/ **Mark Gladden**
MARK GLADDEN
Attorneys for Trustee

PUBLIC NOTICE

620-07

8-14,21,28,9-4/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0541

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
SOMMERSVILLE CELLARS, ALBION, ELK VINEYARDS, CAMERON HUGHES WINE
501 Parducci Rd.
Ukiah, CA 95482
Mendocino Wine Group, LLC
501 Parducci Rd.
Ukiah, CA 95482
This business is conducted by **a Limited Liability Company.** The registrants commenced to transact business under the fictitious business name or names listed above on **Aug. 3rd, 2007.** Endorsed-Filed on **Aug. 3rd, 2007** at the Mendocino County Clerks Office.
/s/Timothy L. Thornhill
TIMOTHY L. THORNHILL
C.O.O.

621-07

8-14,21,28,9-4/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0546

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
UKIAH CELLARS
501 Parducci Rd.
Ukiah, CA 95482
Mendocino Wine Group, LLC.
501 Parducci Rd.
Ukiah, CA 95482
This business is conducted by **a Limited Liability Company.** The registrants commenced to transact business under the fictitious business name or names listed above on **Aug. 7th, 2007.** Endorsed-Filed on **Aug. 7th, 2007** at the Mendocino County Clerks Office.
/s/Timothy L. Thornhill
TIMOTHY L. THORNHILL
C.O.O.

652-07

8-21,28,9-4,11/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0571

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
BONITA FASHION
1214 Airport Park Blvd. Suite E
Ukiah, CA 95482
Gerardo Cervantes
137 Meadowbrook Dr. Apt A
Ukiah, CA 95482
This business is conducted by **an Individual.** The registrant commenced to transact business under the fictitious business name or names listed above on **8-17-07.** Endorsed-Filed on **08/17/2007** at the Mendocino County Clerks Office.
/s/Gerardo Cervantes
GERARDO CERVANTES

PUBLIC NOTICE

653-07

8-21,28,9-4,11/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0572

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
CENTURION GROUP
570 Tehuacan
Ukiah, CA 95482
Centurion Consulting Group, LLC.
570 Tehuacan
Ukiah, CA 95482
This business is conducted by **a Limited Liability Company.** The registrants commenced to transact business under the fictitious business name or names listed above on **Aug. 20, 2007.** Endorsed-Filed on **Aug. 20, 2007** at the Mendocino County Clerks Office.
/s/Jeffrey W. Kram
JEFFREY W. KRAM
Vise President

670-07

8-28,9-4,11,18/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0576

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
NANCY'S NOTES
1416 S. State #5
Ukiah, CA 95482
Nancy Lee Buchanan
1416 S State #5
Ukiah, CA 95482
This business is conducted by **an Individual.** The registrant commenced to transact business under the fictitious business name or names listed above on **8-20-07.** Endorsed-Filed on **08/21/2007** at the Mendocino County Clerks Office.
/s/Nancy L. Buchanan
NANCY L BUCHANAN

687-07

9-4,11,18,25/07

FICTITIOUS BUSINESS NAME STATEMENT
File No.: 2007-F0470

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
MI PUEBLITO RANCHO, INC.
1252 C1 Airport Park Blvd.
Ukiah, CA 95482
Mi Pueblito Rancho, Inc.
1252 C1 Airport Park Blvd.
Ukiah, CA 95482
This business is conducted by **a Limited Liability Company.** The registrants commenced to transact business under the fictitious business name or names listed above on **Jan., 7, 2007.** Endorsed-Filed on **July 9, 2007** at the Mendocino County Clerks Office.
/s/Ana Perez
ANA PEREZ
CEO

10 NOTICES

7 MISTAKES people make in hiring an accident lawyer. Toll Free recorded message reveals all. Call 800-853-9315 today!

Climbing The Mountain Together FREE Educational Lecture
Sat. Sept. 8, 2007
10-11:30 am
Grace Hudson Museum Community Room in Ukiah
"All you ever wanted to know..." Featuring Joan Davis
Alzheimer's Assoc. for the Bay Area.
Limited seating - Get your reservation in TODAY!
Deadline 08/31/07
Learn how you and your family can make preparations for caregiving before the need arises. Also, discover lifestyle change you can adopt NOW to maintain wellness and reduce stress if faced with the task of caregiving. There will also be many fun prizes given away. RSVP to Redwood Caregiver Resource Center @ 1-800-834-1636 or 707-542-0282
Respite care available by reservation only by calling above phone numbers.

Climbing The Mountain... Together
Alzheimer's Caregiver Benefit
Grace Hudson Museum
Sat. Sept. 8
2-6 pm
Tickets $25
Several dynamite local artists will perform. Sponsored by: Thrivent Financial for Lutherans & Soroptimist International of Yokayo Sunrise.
Tickets: Mendocino Book Co., Ukiah Chamber of Commerce Ukiah, and Leaves Of Grass, Willits or any Committee Member or Carole Hester @ 707-463-1231. **Fantastic silent auction items available!**

CONSIDERING ADOPTION?
We match Birthmothers with Families nationwide. Living Expenses Paid. Toll Free 24/7
Abby's One True Gift Adoptions.

LAWYER REVEALS HIDDEN Secrets of Auto Accident claims. Call 800-861-1267 today! Leave your name and address to receive your free report.

THE EBBETTS PASS National Scenic Bypass inaugural celebration event 10 a.m.-5 p.m., Saturday, 9/15/2007. You are invited to join the fun! www.scenic4.org (800)225-3764

20 PERSONALS

DEBBY HARRINGTON
Please call me. It is quite important; concerning something back some 30 years ago. Please 463-2071 Jimmy

30 LOST & FOUND



I was wandering down Hwy 175 in Hopland on 8/28. I am just about 4 mo. old, a male Lab mix. What danger I was in. Anything could have happenned to me! I shudder to think about it. Well now I am safe at the Ukiah shelter. If I am yours, please come find me. I will be up for adoption on 9/4. I am at 298 Plant Rd or call Sage 467-6453.

70 TRAVEL OPPORTUNITIES

REDWEEK.COM #1 Timeshare Marketplace. Rent, buy, sell, reviews, New full-service exchange! Compare prices at 5000+ resorts. B4U do anything timeshare, visit www.RedWeek.com, consider options.

70 TRAVEL OPPORTUNITIES

TIMESHARE!!! PAYING TOO MUCH 4 maintenance fees and taxes? Sell/rent your timeshare for cash. No Commissions/Broker Fees. 1-877-868-1931. www.VPResales.com

100 INSTRUCTION

GET CRANE TRAINED!
Crane/Heavy Equipment Training. National Certification Prep. Placement Assistance. Financial Assistance. Nevada School of Construction. www.Heavy6.com Use code "NCCNH" or call 1-888-879-7040

120 HELP WANTED

A COOL TRAVEL job. Now hiring motivated sharp individuals to work and travel entire USA. Paid training. Transportation, lodging furnished. Call today, Start today. 1-877-646-5050

ACCOUNTANT
FT Accountant to oversee AP, PR, maintain GL, prepare FS and required bank reporting, prepare and maintain budgets, forecasting and analysis. Min. BA degree or equivalent or five years exper. Benefits inc. health, retirement, holiday and vacation pay, etc. Job description & application available
Solid Wastes of Willits, 350 Franklin Ave. EOE

Accounting: F/T opening for **A/R data Clerk.** Self-starter, 10-key & computer knowledge. Apply in person, Kelly Moore Paint Co., 217 E. Gobbi Street

All Shifts FT & PT Available!!!
No experience needed. Higher wage with experience This year's seniors welcome. Full training provided. Drug testing required, cannabis not tested for hire. Assist disabled in their home and on outings. **Call for interview 485-5168, 485-0165, 468-0602**

ASSISTANT COOK
Must be exp.
Pre-employment physical & drug testing req'd.
Dental, Vision, Medical benefits.
Free co-op child care. **Apply Trinity School 915 W. Church St. Ukiah**

BABYSITTING & light house work, possible live-in. FT/PT 467-9623

Bail Agent Trainee Licensed Bail Agent and Agent Trainee, Willing to train. Bilingual a plus. Resumes to Jobs@twojinn.com

BARTENDER
F/T w/benefits
$8.50-10.50/hr DOEQ
Mendocino Brewing Company's Hopland Ale House.
13351 S. Hwy 101, Hopland. christa@mendobrew.com

BOOKKEEPER
P/T w/busy real estate office. Quickbooks exp. nec. Payroll, AR & AP. Knowledge of office equipment & procedures a+. Hourly wage based on exp.
Send reply to box 03092, c/o Ukiah Daily Journal, P.O. Box 749, Ukiah, CA 95482-0749.

BOOKKEEPER/ ACCOUNTING SUPERVISOR
Experienced Accountant/Bookkeeper with full competency in A/R, A/P, bank reconciliation, fixed assets & G/L monthly close. Respond via-e-mail jobs@metalfx.com or send resume to
Metalfx, Attn: Human Resources, 300 East Hill Road Willits, Ca. 95490

DRIVE for the **INDUSTRY LEADER!** Great Pay, Benefits. Weekly home time. Top of the line equipment. No CDL? No problem! Apply online www.CREngland.com. Call 1-866-917-7396

120 HELP WANTED

Business Manager $60,387-$78,992 or Accountant $49,756-$68,361
One position to be filled at either **Business Mgr. or Accountant level.** Salary placement is based on education & experience in the appropriate field.
Mendocino County Office of Education
Visit www.mcoe.us/jobs
467-5012 or hr@mcoe.us
Open until filled. Apply by 9/17/07 to assure consideration.

Caregiver for mental health facility. PT & fill in. Various shifts **$8-$10/hr. 467-0911**

Caregiver position opening to the right person. Private pay. For interview 367-5476

CLASS A DRIVER w/exp. Call for application (707)894-5685 or fax (707)894-2006

Clerical Worker needed for Trinity Youth Services' Ukiah campus. Respons. incl. accounting & gen. office functions. Must type accurately, be detail oriented, ability to multi-task, & possess gd customer service skills. Min. 1 yr related exp. & strong computer skills req. MediCal billing exp. a + Starts $11-$13/hr DOE. Excel. benefits. **Apply at 915 Church St. Ukiah or Fax resume to (877) 382.7617 www.trinityys.org Trinity is an EOE**

Come Work With Our Team with developmentally disabled adults. F/T, P/T in home setting. Pick up application 1000 Sanford Ranch Rd. Ukiah or call 468-9331

Delivery Driver (in our van) for growing Co, M/F 8:30-5:30. $8.25 hr.+med. Raise 90 days. 489-5115

DIESEL MECHANIC
5 yrs. exp. Good pay. + benefits. Clean DMV. 462-9318.

DME Biller Salary DOE Blue Drug Please Call 468-5220

DRIVER-$5K SIGN-ON Bonus for Experienced Teams: Dry Van & Temp Control available. O/Os & CDL-A Grads welcome. Call Covenant 1-866-684-2519 EOE.

DRIVER-CDL Training: $0 down, financing by Central Refrigerated. Drive for Central, earn up to $40K+ 1st year! 1-800-587-0029 x4779. www.CentralDrivingJobs.net

Jensen's Restaurant Cooks, dishwashers. Experienced. Eves & graveyards. Apply 1550 Lover's Ln. No phone calls.

120 HELP WANTED

DRIVER: Don't Just Start Your Career, Start It Right! Company sponsored CDL training in 3 weeks. Must be 21. Have CDL? Tuition Reimbursement! www.JoinCRST.com 1-800-781-2778

DRIVER: The respect that you deserve...Get it at Swift! Swift offers excellent miles, compensation, regional and dedicated runs. No experience necessary! Training available. 1-866-476-6828. www.SwiftTruckingJobs.com. EOE

DRIVERS - $1000 HIRING BONUS Golden State Overnight is hiring full & part time drivers with insured, dependable van or pickup w/shell for local morning small package delivery routes in both Mendocino & Lake Counties. Earn a competitive wage plus mileage reimbursement plus additional reimbursement for fuel cost.Routes available Mon-Fri.&Tues - Sat. Benefits available includinghealth coverage & 401k w/company match.
Contact Steven Koller 866-779-7726 or skoller@gso.com

DRIVERS ACT NOW! Sign-On Bonus. 36 to 45cpm /$1000+ weekly. $0 Lease/ $1.20pm. CDL -A + 3 months OTR. 1-800-635-8669

Drivers-Class A Night Shift, local haul chips, Current DMV printout. Starts at $14.00. 459-4131.

ELECTRICAL APPRENTICESHIPS. Openings in all aspects of electrical work. Paid training, benefits, and advancement opportunities. High School grads, ages 17-34. Paid relocation expenses. Call 1-800-345-6289.

ELECTRICIAN Journeyman/Electrician in training. **Tipton Electric** 707-462-8229

Environmental Program Coordinator Requires degree in environmental, natural resources or related field. FT - competitive wage and generous benefits. Inquire at 707-744-1647 x1341 or Email hr@hoplandtribe.com

Exp. ●Cooks ●Servers ●Hosts ●Hostess Apply at ZACKS 1430 N. State.

F/T Back Office Pos. for busy medical office. Mail resume to **246 Hospital Dr. Ukiah**

Potter Valley Community Health Center Medical Front Desk F/T. Exp. Preferred. Bilingual Preferred Salary DOE. Call Erica 707-743-1188 Ext 110

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APARTMENTS

Studio
$640 ..... Great Location
$800 ..... Redwood Valley, secluded, clean

1 Bedrooms
$775 ..... West Side, clean
$900 ..... Brand new must see

2 Bedrooms
$785 ..... Upstairs, some utilities paid
$785 ..... New carpet, some utilities paid
$785 ..... Close to shopping
$825 ..... Quiet complex, nice units

All rents subject to discount for timely payment!

Applications available at
Beverly Sanders Realty
320 S. State Street
707-462-5198

120 HELP WANTED

FIRST 5 Mendocino seeking EXEC SECY 32-40 hrs/wk., ben + $17-20/hr DOE. Strong organization & communication skills; Cover ltr & resume to fax to Kirsten Jack 707-462-5570 or email kirsten@mendochildren.org. Job desc. at www.mendochildren.org

Furniture delivery and warehouse person. Good DMV. **Apply in person 245 East Standley St. Ukiah**

Hazardous Waste Technician Local govt. agency. Operate haz waste collections. Recycle paint.Good DMV required. $14.42 start, benefits. Call Mike 468-9710 or p/u app at 101 W. Church Rm. 9, Ukiah.

Help Wanted P/T. Dishwasher, baker/breakfast cook & host. Apply at Hopland Inn 13401 S. Hwy 101.

IMMEDIATE OPENING for Office Mgr. Full charge, Payroll, PR taxes, payables, bank reconciliations, health insurance, phones, mail. Must be highly exp. in MS Word, Excel and cost acctg. Heavy data entry. 35 hr/wk. Full benefits. Mail resume to 10751-B Main St., Potter Valley 95469 wvms@pacific.net or fax 743-1455

IT ALL ADDS UP

The Ukiah Daily Journal has now partnered with Yahoo! HotJobs to bring you more Ukiah Area jobs at: ukiahdailyjournal.com

The Ukiah DAILY JOURNAL

YAHOO! hotjobs

Join Our Professional Driving Team A local petroleum distributor is currently seeking qualified **Class A Drivers** Applicants will need to have full endorsements, clean DMV, current medical card. Positions are F/T, year-round. Earning potential of $60,000+ annually. Bonus program, health benefits, 401(k) holiday, vacation pay. **Please apply in person at 2401 N. State St. Ukiah 707-462-8811**

LABORATORY ASSISTANT/TRAINEE Clean glassware & assist technicians in busy laboratory. Full time. High school diploma or equivalent required. Apply Alpha Analytical Laboratories, 208 Mason St., Ukiah. No phone calls please.

LICENSED NURSES & CNA'S We have openings on our team. A $1500 hire on bonus is available for full-time LVN's or RN's. Please contact Lakeport Skilled Nursing Center. 263-6101

PHARMACY TECHNICIAN Full or part time. **Willits Rexall Pharmacy** 90 S. Main St. Willits. 459-6877 Fax 459-3299

Maintenance & Operations Director $76,334-$94,939 Mendocino County Office of Education Visit www.mcoe.us/jobs 467-5012 or hr@mcoe.us **Open until filled. Apply by 9/17/07 to assure consideration.**

Medical Assistant. FT. Patient skills essential, also computer knowledge. Good benefits. **Send reply to box 03094, c/o Ukiah Daily Journal, PO Box 749, Ukiah, CA 95482**

Medical Asst. F/T. Bilingual, computer lit Benefits. Resume to 03095, c/o UDJ PO Box 749, Ukiah, CA 95482

Mendocino County Health & Human Services Agency Social Services Branch Currently recruiting for: ●Account Clerk II (Ukiah Only) For further info go to:www.mss.ca.gov to: "Career Opportunities or call the Jobline: 707-467-5866. Closes 9/14/07

Mendocino County Health & Human Services Agency Social Services Branch Currently recruiting for: ●Social Worker Supervisor I ●Social Worker Supervisor II For further info go to: www.mss.ca.gov to "Career Opportunities" Or call the Jobline: 707-467-5866. Closes 9/21/07

MOUNTAIN VIEW ASSISTED LIVING (senior housing) NOW HIRING!!! ✔MAINTENANCE ✔CAREGIVERS ✔MED PASSERS ✔BEAUTICIAN ✔COOK P/T **ALL SHIFTS** Drug test & background check required. Wage DOE Apply at 1343 S. Dora St. Ukiah

NEW EXCITING POSITION WORKING WITH KIDS **6 wks pd vacation 403 B.** Small homelike environment, good pay & bens. Starting sal $11.76+ hr. On the job training prov. Flex. F/T, P/T pos. avail.Fax resume to 463-6957

NOW HIRING Cooks Customer Service Apply within 1139 N. State St.

OFFICE/MARKETING COORDINATOR **Boutique**-Hopland winery seeks P/T staffer to handle office ops, mktg/sales projects, website mgmt, inventory, rcptn/secr.duties. 4 yrs. office exp. req. 2 or 4 yr. degree prf. Strong computer, math, oral, written skills req. Flex sched/exc wrkg environ. Email resume w/salary hist. to info@saracina.com or fax 707-744-1472

YARD HELPER Entry level, 18+. Clean CDL. Hay & feed loading. F/T, full benefits, holidays, vacation. **Apply RAINBOW AG 235 E Perkins St.Ukiah**

Payroll-HR Clerk FT-Ukiah. Perform payroll, general acct., clerical work, incl computer data entry. Req. 2 yrs. paid clerical exp incl Payroll exp. HS grad or equiv. Sal. $1832-$2578/mo. Exel. Bene. Closes 9/12/07 at 5 pm. Send resume & letter of interest to HR RCRC 1116 Airport Park Blvd., Ukiah, CA 95482, email HR@redwoodoastrcorg or fax 462-4280 "EOE/M-F"

People to work with developmentally disabled adults one on one in their own home. All Shifts available. **Call Cindy 468-9331**

Pet Care Tech. P/T & F/T. Incl. wknds & holidays. Apply in person only **Blue Ribbon Pets** 5290 N. State St.

PHARMACY CLERK/ TYPIST in training. Computer, typing, MATH, people skills, P/T 9-1, or 4-8, or F/T. Sal. DOE, drug test. **BLUE DRUG DO NOT** come to pharmacy. Call **707-468-5220**

RECEPTIONIST MENDOCINO COLLEGE Instruction Office Hourly $9.03 Up to 19 hrs/wk. Ukiah Campus 468-3024

Red Fox Casino NOW HIRING ● Auditor - P/T ● Kitchen ● Tech ● Security, ● Cashiers ● 2 Floor Managers ● Exp. promotions & marketing person. **Friendly attitude helpful. Willing to train. 984-6800 or come in for application. 200 Cahto Dr. Laytonville ●●●●●●●● Now offering employee insurance after 90 days.**

REDWOOD VALLEY MARKET F/T Cashier. 485-8408

Schat's Bakery COOK Exp. pref. but not nec. **Apply within at 113 W. Perkins ask Lisa or Francisco**

Sherwood Oaks Long Term Care Facility is currently hiring for the following management and staff positions: **•MDs/Resident Assessment Coordinator, RN •Director of Staff Development LVN or RN •RN/LVN charge nurses •Certified Nursing Assistants** Come join our great team on the coast! Call Kim Butler at (707) 964-6333 or pick up application at 130 Dana St., Fort Bragg CA

SPONSORED CDL TRAINING. No Experience Needed! Earn $40k-$75K in your new career! Stevens Transport will sponsor the total cost of your CDL training! Excellent Benefits & 401K! No Money Down! No Credit Checks! EOE. Call Now! 1-800-333-8595, 1-800-358-9512. www.BecomeADriver.com

SUBSTITUTE INSTRUCTIONAL PARA-PROFESSIONALS NEEDED $12.74/hr for 48 or more college units. **Mendocino County Office of Education** Please visit www.mcoe.us/jobs or call 707-467-5012

SUBSTITUTE TEACHERS NEEDED **$125/day Mendocino County Office of Education Alternative Education Programs** Please visit www.mcoe.us/jobs or call 707-467-5012

TEACHER -Office Occupations $27.84-$46.36/hr South Valley High School 2 hrs/day (7:30-9:30 am), 5 days/wk, 10 mos/yr. Regular teaching credential not required. Visit www.mcoe.us/jobs or call 467-5012 **DEADLINE: 9/10/07**

TEACHER ALTERNATIVE EDUCATION County Community Day School Grades 6-8 Multiple Subject Credential Preferred. F/T **$27.84-$46.36/hr** Visit www.mcoe.us/jobs or call 467-5012 **DEADLINE: 9/10/07**

THERAPIST for children 0-18. Provide individual/family therapy, case management. Requires BBS licensure or registration/two years' experience providing mental health services to child abuse victims. Mendocino County Youth Project, (707)463-4915

TLC Child & Family Services seeks 2 additional homes for Shelter Care program Applicants need to have at least 1 spare bdrm to house a child for up to 30 days. Guaranteed monthly allotment. Generous increase upon placement. Income tax-exempt. Exp. with children req. Parents will receive training, + Social Worker, in-home support & respite. Need 1 or 2-parent homes, with 1 parent home full time. Home with no more than 1 biological child considered. Retirees invited to apply. **Contact TLC 707-463-1100 Lic#236800809**

TRINITY YOUTH SERVICES Child Care Swing & graveyard shifts available. Starting $9.40 per hr. On call $9 per hr. Qualif. 21 years old, Med. & drug exam, T.B. test, criminal background check. Great benefit pkg. **Apply 915 W. Church St. Ukiah 95482**

UVAH is looking for: Janitorial/housekeeping Supervisor. (3 mo. position possible F/T, M-F. 35+ hrs per wk., approx. 7:30 am 3:30pm). **FT Skills Instuctors** M-F 8am-4:30 pm Excel. benefits: Medical, vision, dental, paid holidays, sick & vacation. Req. valid CDL, clean DMV, HS dip. or equiv., fingerprint clearance. **Apps/job description 990 S. Dora St. Ukiah Ca 95482707-468-8824. Ask for Linda Sue**

Wanted cellar & laboratory help. Experience a plus, but will train the right person. Apply in person at Graziano Family of Wines 1170 Bel Arbes Road, Redwood Valley, CA 95470 or send resume to Cheson@pacific.net Fax 485-9742

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205 FINANCIAL SERVICES

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250 BUSINESS RENTALS

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Warehouse S. Ukiah 1250 sq', lg. fenced yard, with office, 220V, clean. No automotive. $650 + Sec. 462-8273

300 APARTMENTS UNFURNISHED

1&2bd Apts. available on 351 N. Main $800/$875/mo, no pets. **462-4759**

2BD/1BA No Sec. 8, No/sp, quiet & clean. $850 +dep. (707)391-5256

Downtn Ukiah 1bd/studio $585/mo. Garbage & water pd. No pets. 357-5575

Dwntwn Studios, $525 gas incl. + dep. $575 incl. all util. + dep. 463-8642 . 8-5

LEE KRAEMER PROPERTY MGMT Spacious 1bd1ba. $750. POOL, LAUNDRY, CARPORTS No Section 8. **463-2134**

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PARK PLACE 1 bd. $750-$775 2 bdr. $850 TH $950. Pool/garg. 462-5009

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HOPLAND

2bd. 2ba Country setting with pond. Utils incl.$1300/mo.

UKIAH

140 Zinfandel 1bd1ba. $660 Hud OK.

CENTURY 21 Les Ryan Realty Property Management 468-0463

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310 APARTMENTS FURNISHED

Upstairs in town furnished studio. $650/mo. $560 dep. incl. util. N/S. 462-2611, 463-1969

320 DUPLEXES

3BD/1BA new carpets, new blinds, garage, yard, air, near schools $1100 + dep. 468-5463, 468-0834

330 HOMES FOR RENT

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1bd.1 ba. Hopland with lrg. fenc. yd. W/D HU. Fridge. No sect. 8 Avl. now. **$800+dep.** 744-1396

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4bdrm 3bth, w/ river view. Gardener incl. Avail 9-20. $1900/ Mo. 521 Kennwood Dr. Uk.707-527-0622

Builder Closeout $15K above cost. Homes for sale. New homes in Vichy Springs Area. +/- 3000 sqft. Call now @ **707.480.5883.**

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WestSide-2 Homes #1-Carriage House Beautifully restored. Myriad upgrades. **#2-Upscale Beauty** Bdrm. suite/2 bth **Both: Quiet, Grges** Pristine & Spacious No Pts/Sm 468-9003

370 WANTED TO RENT

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380 WANTED TO SHARE RENT

Large room in large house. $490 + $490 dep. util incl. 718-2110

420 BOATS

Bombardie Sportster 2005. 15ft. 39hrs. Like new. $11,000 obo. 621-0103.

430 BUILDING SUPPLIES

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460 APPLIANCES

USED APPLIANCES & FURNITURE. Guaranteed. 485-1216

480 MISC. FOR SALE

HOBART COMMERCIAL meat slicer 12" $1500. **NEW MANITOWOC** Ice maker 400lb. bin $1300 367-0040

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KING SZ KENMORE gas dryer $125. Carpet kit for long bed p.u. $125 468-8165

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500 PETS & SUPPLIES

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AKC German Shorthair Pointers, 4F, 10 wks. Tails, dew claws, & 1st shots. $600 707-485-7894

Great Dane Babies. Born 7-13. Cute, hugged daily & ready to bond w/u. Parents on site. $450. **489-5749**

520 FARM EQUIPMENT

Tractor- Ferguson 30 3 pt, PTO, new tires. Excl. runner. $2500/ bo. 463-8544, 272-1743

590 GARAGE SALES

FREE GARAGE SALE SIGNS. Realty World Selzer Realty. 350 E. Gobbi

YARD SALE! **Sat. 8 to 2 135 Marlene St. Large wms clothes, new & used, furniture, collectables, household. Lots more. NO EARLIES**

620 MOTORCYCLES

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COMMERCIAL LOT Approx. .68 ac. flat S.W. Ukiah. In city limits. Elect. there. Deeded easement for water & sewer. Great spot for a mini storage. By owner. 462-5667 Gary

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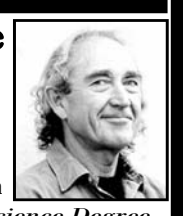
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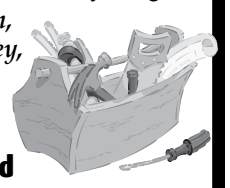
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The Ukiah Daily Journal publishes home improvement and construction advertisements from companies and individuals who have been licensed by the State of California. We also publish advertisements from unlicensed companies and individuals.

All licensed contractors are required by State Law to list their license number in advertisements offering their services. The law also states contractors performing work of improvements totaling $500 or more must be licensed by the State of California.

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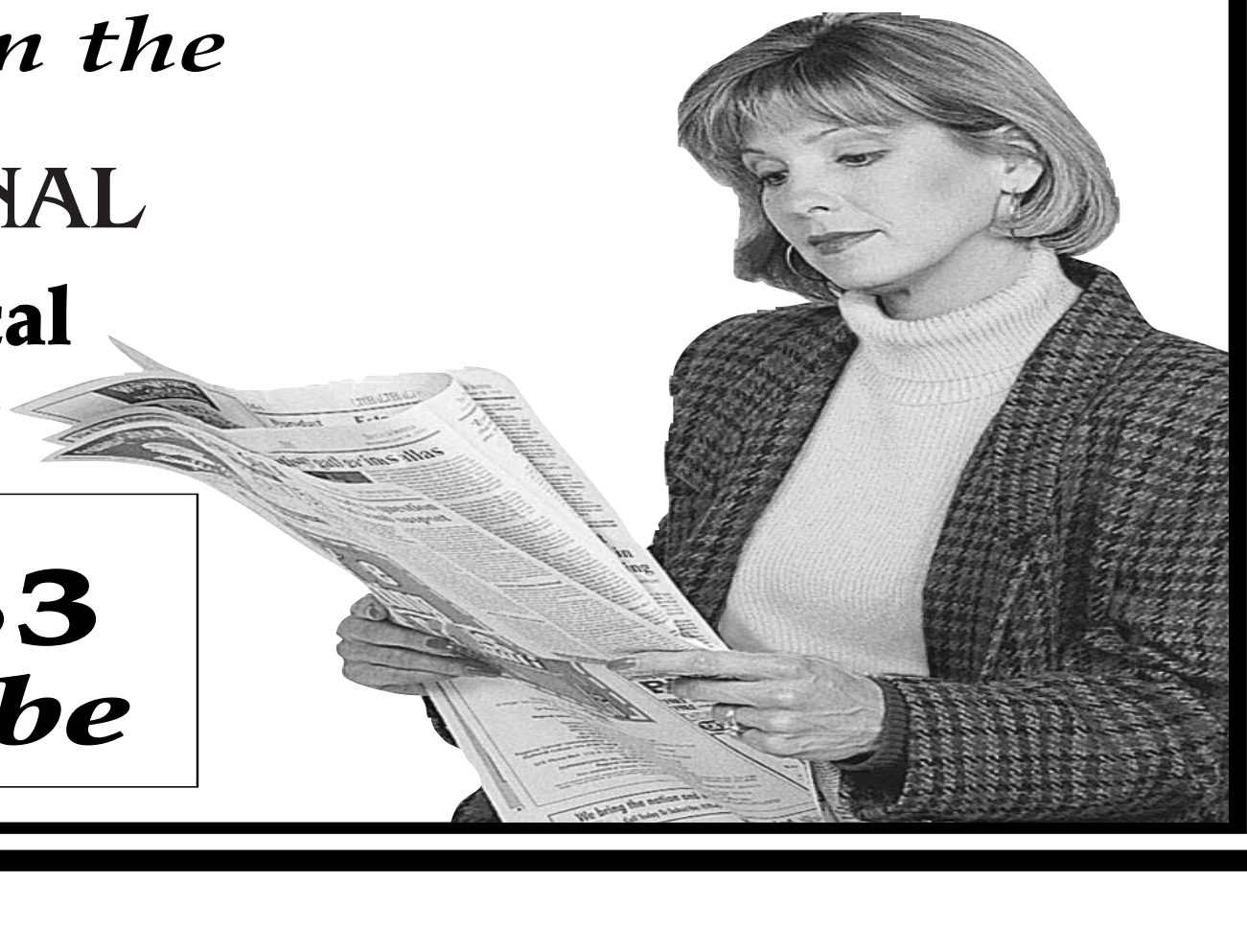
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3-DAY FORECAST

TODAY

86°

Mostly sunny

TONIGHT

52°

Clear

WEDNESDAY

97°

54°

Breezy with a full day of sunshine

THURSDAY

98°

52°

Hot with sizzling sunshine

SUN AND MOON

Sunrise today	6:44 a.m.
Sunset tonight	7:40 p.m.
Moonrise today	none
Moonset today	3:28 p.m.

MOON PHASES

New	First	Full	Last
Sept. 11	Sept. 19	Sept. 26	Oct. 3

ALMANAC

Ukiah through 2 p.m. Monday

Temperature

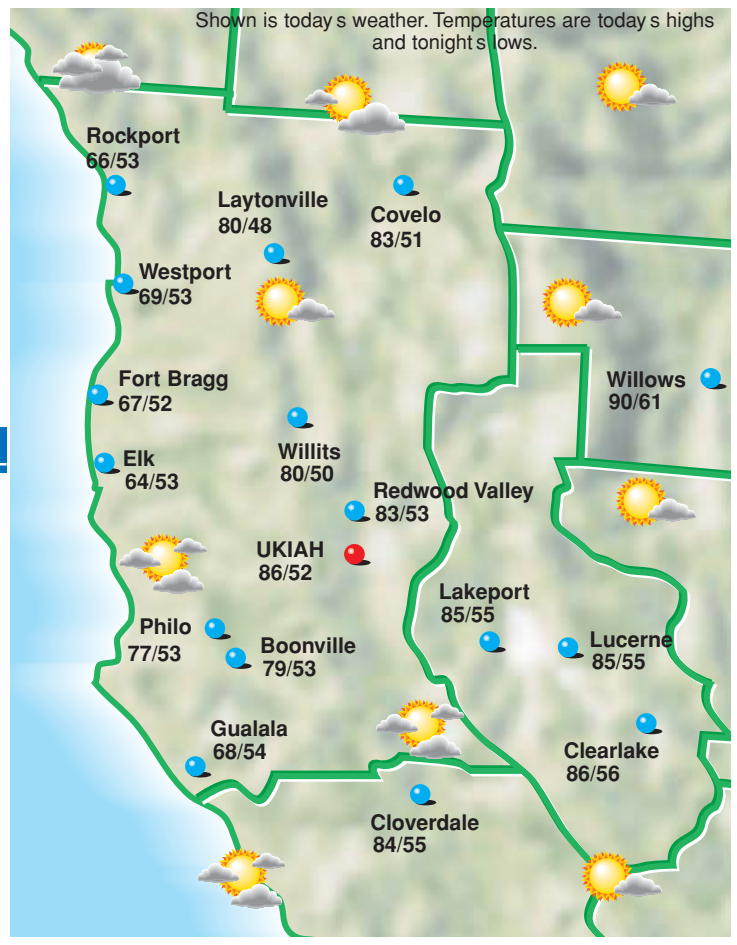
High	90	
Low	55	
Normal high	88	
Normal low	53	
Record high	115	in 1955
Record low	40	in 1915

Precipitation

24 hrs to 2 p.m. Mon.	0.00"
Month to date	0.00"
Normal month to date	0.03"
Season to date	0.12"
Last season to date	0.00"
Normal season to date	0.22"

Forecasts and graphics provided by **AccuWeather, Inc.** 2007

REGIONAL WEATHER



CALIFORNIA CITIES

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Anaheim	92/66/s	83/65/s	Napa	83/56/s	88/52/s
Antioch	84/58/s	89/58/s	Needles	111/85/s	105/80/s
Arroyo Grande	79/55/pc	79/52/pc	Oakland	72/56/pc	78/57/s
Atascadero	90/54/pc	87/54/s	Ontario	99/68/s	92/66/s
Auburn	88/61/s	93/66/s	Orange	92/66/s	84/64/s
Barstow	107/77/s	102/72/s	Oxnard	73/61/s	72/61/pc
Big Sur	77/53/pc	79/56/pc	Palm Springs	109/82/s	104/78/s
Bishop	96/56/s	91/50/s	Pasadena	95/66/s	87/66/s
Blythe	111/82/s	105/80/pc	Pomona	98/66/s	90/62/s
Burbank	97/66/s	87/64/s	Potter Valley	83/53/s	93/55/s
California City	101/70/s	96/66/s	Redding	90/65/pc	100/66/s
Carpinteria	72/59/s	70/58/pc	Riverside	99/65/s	90/65/s
Catalina	73/63/s	70/60/pc	Sacramento	89/58/s	96/58/s
Chico	90/62/s	96/63/s	Salinas	74/56/pc	78/54/pc
Crescent City	64/52/c	64/50/s	San Bernardino	96/66/s	91/65/s
Death Valley	121/86/s	113/76/s	San Diego	76/68/s	76/68/pc
Downey	91/67/s	84/65/pc	San Fernando	97/66/s	86/65/s
Encinitas	81/67/s	78/65/pc	San Francisco	71/56/pc	77/59/s
Escondido	94/67/s	85/66/s	San Jose	79/58/s	84/60/s
Eureka	68/50/c	66/50/s	San Luis Obispo	79/55/pc	79/55/pc
Fort Bragg	67/52/pc	69/51/s	San Rafael	69/55/pc	71/54/s
Fresno	96/66/s	93/65/s	Santa Ana	81/67/s	77/66/pc
Gilroy	82/57/s	85/57/pc	Santa Barbara	77/58/s	71/57/pc
Indio	108/80/s	105/77/s	Santa Cruz	75/55/pc	78/57/s
Irvine	81/67/s	77/66/pc	Santa Monica	77/65/s	75/63/pc
Hollywood	93/66/s	85/64/pc	Santa Rosa	83/52/s	89/50/s
Lake Arrowhead	89/60/s	85/50/s	S. Lake Tahoe	73/41/s	75/36/s
Lodi	90/59/s	94/60/s	Stockton	90/58/s	96/59/s
Lompoc	72/55/pc	71/58/pc	Tahoe Valley	76/41/s	75/36/s
Long Beach	83/68/s	78/65/pc	Torrance	82/65/s	78/65/pc
Los Angeles	89/68/s	82/64/pc	Vacaville	87/61/s	96/59/s
Mammoth	72/45/s	72/39/s	Vallejo	72/56/s	74/54/s
Marysville	89/60/s	96/59/s	Van Nuys	97/66/s	89/65/s
Modesto	90/60/s	93/59/s	Visalia	95/59/s	92/59/s
Monrovia	96/66/s	86/65/s	Willits	80/50/s	90/53/s
Monterey	70/56/pc	74/55/pc	Yosemite Valley	96/56/s	90/50/s
Morro Bay	71/57/pc	74/56/pc	Yreka	81/47/c	88/48/s

Weather (W): **s**-sunny, **pc**-partly cloudy, **c**-cloudy, **sh**-showers, **t**-thunderstorms, **r**-rain, **sf**-snow flurries, **sn**-snow, **i**-ice.

Lake Mendocino – Lake level: 725.50 feet; Storage: 49,394 acre-feet (Maximum storage 122,500 acre-feet) Inflow/Outflow: Not reported. **Air quality** – Not available

Thousands of SoCal homes still without power in heat

LOS ANGELES (AP) — Parts of Southern California sweltered in triple-digit temperatures Monday as a heat wave stretched into the seventh day and contributed to power outages that left thousands without air conditioning.

Temperatures soared in the San Fernando Valley with Woodland Hills reporting 102 degrees and Van Nuys at 99, according to the National Weather Service. Downtown Los Angeles also was expected to see temperatures climb above 100.

Southern California Edison said 20,000 customers in Los Angeles, Orange, Ventura, Riverside and San Bernardino counties had no electricity, spokesman Steve Conroy said.

San Diego Gas and Electric Co., which serves San Diego County and southern Orange County, declared a power emergency and began preparing for potential rolling blackouts as demand hit a record.

About 30,000 of its customers experienced outages Monday, but electricity was restored to 22,000 of them by the afternoon, spokesman Peter Hidalgo said.

"We need immediate energy conservation, or else there will be rolling blackouts," Hidalgo said.

About 3,500 customers in scattered parts of Los Angeles also were without power, Los Angeles Department of Water and Power spokeswoman MaryAnne Piersen said.

"Probably more than 90 percent of them are due to stress on the system due to the heat," she said. "Different pieces of equipment get fatigued and blow out, so they have to be replaced."

Lightning strikes on grid equipment due to scattered desert thunderstorms also were adding to the strain.

The California Independent System Operator, which oversees the state's power grid, said no major shortages were expected. But it was urging customers to conserve electricity by setting air conditioning thermostats higher and waiting to use major appliances until after dark.

Relief was in sight with cooler temperatures forecast over the next several days.

"Everyone will see a drop of eight to 11 degrees on Tuesday," said Stuart Seto of the National Weather Service. "By Thursday, things will be getting back to normal."

Truckers form rolling roadblock

BIGGS, Ore. (AP) — Three commercial truck drivers put on the brakes to help police stop a man who led authorities on a high-speed chase for more than 50 miles.

The truckers pulled alongside each other and slowed to about 5 mph, forming a rolling roadblock. The fleeing driver stopped and fled on foot but was quickly captured, authorities said.

Trucker Edwin Beach said he had heard police radio traffic and said, "OK, where's the high-speed chase at?" He coordinated with two other drivers over CB and placed his truck in the middle on Interstate 84.

"We were all kind of laughing because he was running down the freeway," said Beach, of Kelso, Wash. Identities of the other two truckers were not immediately available. The chase began Saturday near Boardman and ended near the John Day Dam on the Columbia River about 100 miles east of Portland, police said. Speeds during the chase exceeded 100 mph.

The fleeing car had been reported to have been involved in a hit-and-run.

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